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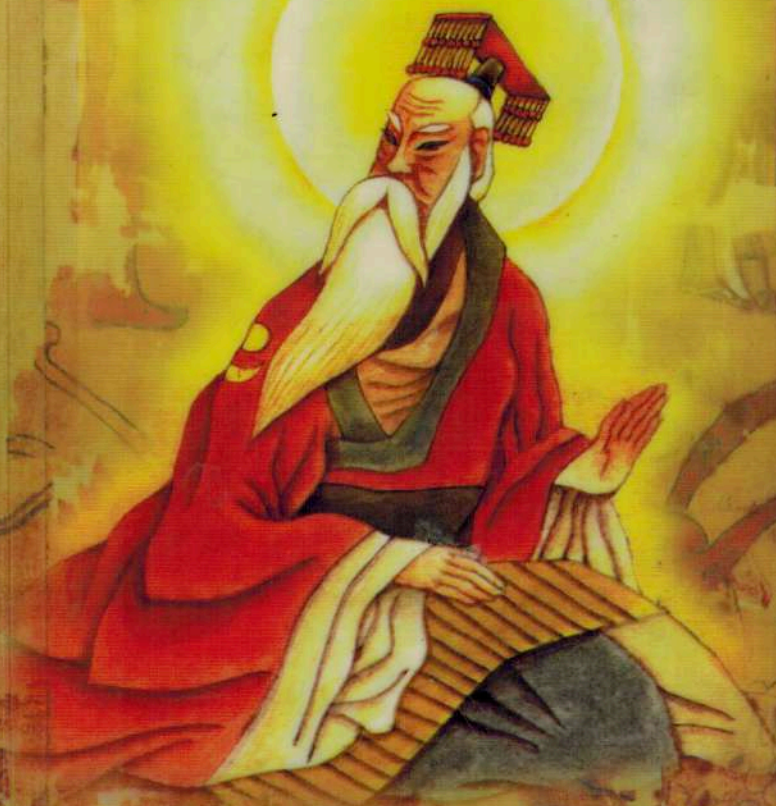


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An amazing book in the history
of Chinese medicine
中国古代延寿养生奇书

THE
ILLUSTRATED
YELLOW
EMPEROR'S
CANON OF
MEDICINE

黄帝内经—养生图典



内



DOLPHIN BOOKS
海豚出版社

经

The Correlation Between Nature and Man

〈黄帝内经〉天人相应概说图

According to Chinese health care theory, there is a correlation between man and nature. Since the earth was born it has revolved around the sun and rotated on its own axis. When a person is born, all the organs of his body keep functioning under the direction of the autonomic nervous system.

中华养生学认为：人与自然是相应的，地球从诞生起，一直在“公转”和“自转”；人从出生起，植物神经系统就一直指挥着自身的各器官功能运转不止……

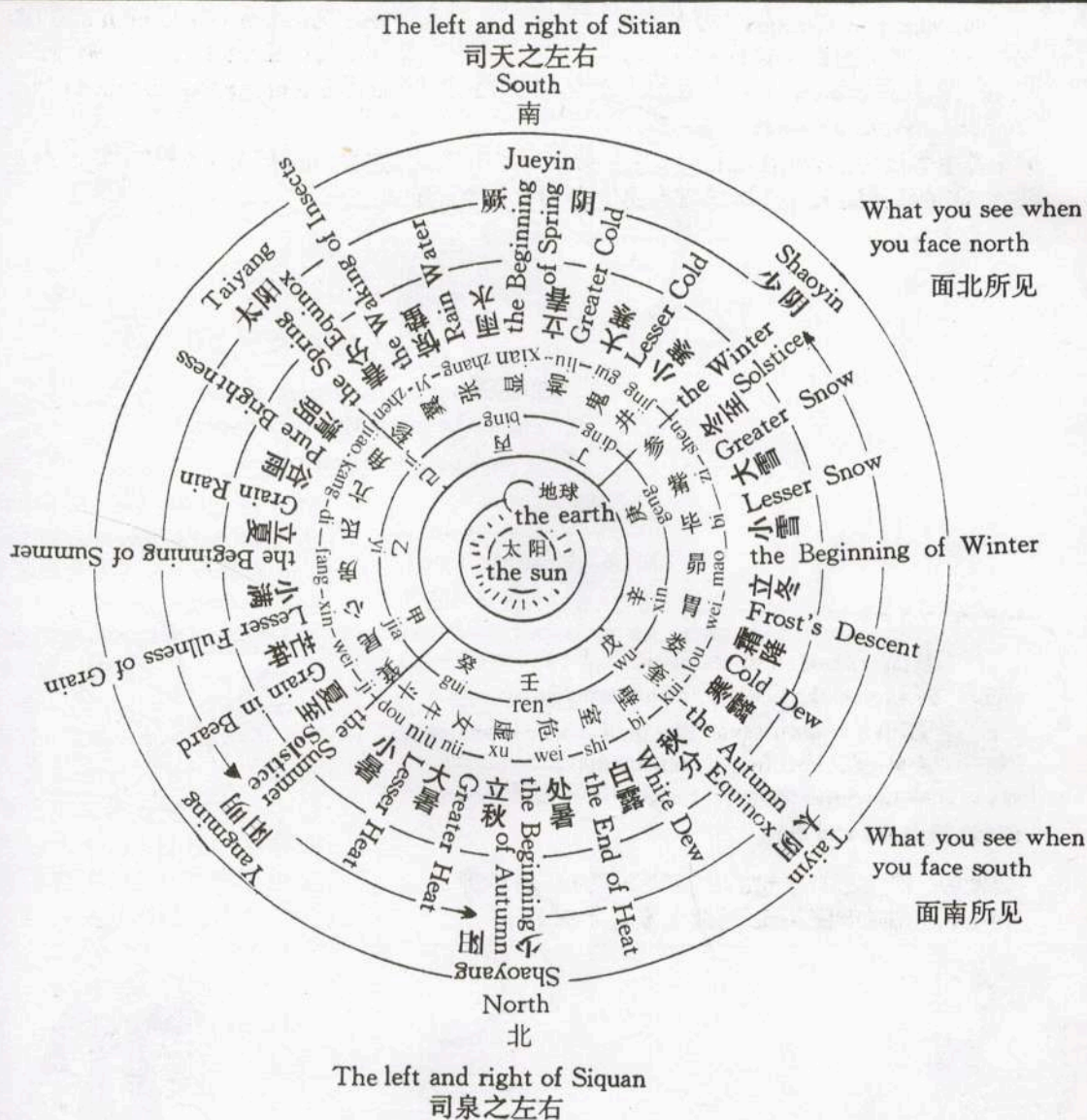
Heaven and earth are above and below everything. In nature there are four seasons and five elements which produce cold, heat, dryness, dampness, and wind. The five internal organs in the human body produce five qi: happiness, anger, sadness, sorrow, and fear.

天地者，万物之上下也。天有四时五行，以生寒暑燥湿风，人有五脏化五气，以生喜怒悲忧恐



Chart Showing the Correlation Between Nature and Man

天人感应图表



Note: The sun is in the center. Round it is the earth's orbit. The third circle shows the position of the ten heavenly stems. The fourth circle contains the names of the twenty-eight constellations. The fifth circle gives the names of the twenty-four solar terms, indicating the position of the earth at the time specified.

The ancients located the three yin and three yang on a hypothetical orbit. They move one step every year in the direction of the arrow, and complete the circle every six years. They are called moving *keqi*.

说明: 中心是太阳, 太阳四周是地球运行的轨道,

第三圈是十干方位图,

第四圈是二十八星宿名称,

第五圈是二十四个节气名称, 也是地球在该节气时所在方位。

古人又把三阴三阳分布在一个假设的轨道上, 不停地向着箭头所指方向运动, 每年向前推进一步, (六年循环一周) 称为流行的客气。

Twelve-Organ Chart
黄帝内经十二官示意图

The lungs are analogous to a prime minister.
肺(宰相之官)



The heart is analogous to a king, including the triple energizers which is an insubstantial concept without any particular bodily shape.



外加按上、中、下意指的三焦。



肺(宰相之官)



膻中(臣使之官)

Shanzhong (central part of the chest, between the two nipples) is analogous to an envoy.

心(君主之官)



The liver is analogous to a general.
肝(将军之官)



The gallbladder is analogous to a mediator.

胆(中正之官)

The spleen and the stomach are "barn" organs.

胃脾(二者同为仓廩之官)



右肾(作强之官)



The large intestine is the organ in charge of transmission.

大肠(传道之官)



The kidney is the organ that gives strength.

左肾(作强之官)



The small intestine has the function of receiving water and food.

小肠(受盛之官)



The bladder serves as a reservoir.

膀胱(州都之官)

1. When Yellow Emperor (Huangdi) was a child he had a good comprehension of things.

黄帝小时候对事物的理解能力很强。



On the left are herbivores; on the right are carnivores.

左边食草类, 右边食肉类。



2. He was very good at analyzing and generalizing.

他具有高度的分析和概括能力。

3. After he ascended the throne, he raised the scientific and cultural level to a new high. These, enriched and supplemented by later generations, laid the foundation of the particular way of thinking of the Chinese nation.

登基之后, 他把前人的科学文化成就提高到了一个很高的水平, 经后人的不断丰富和充实, 终于奠定了中华民族所特有的思想体系。

The principle of Rubik's cube can be found in *the Book of Luo*.

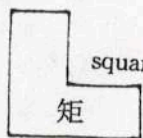
这个魔块的原理就是洛书。



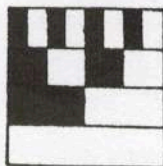
compasses



square

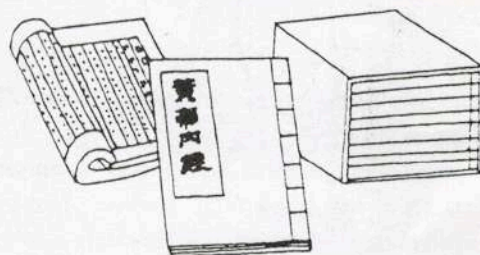


eight trigrams 八卦
four states 四象
yin/yang 两仪
the absolute 无极



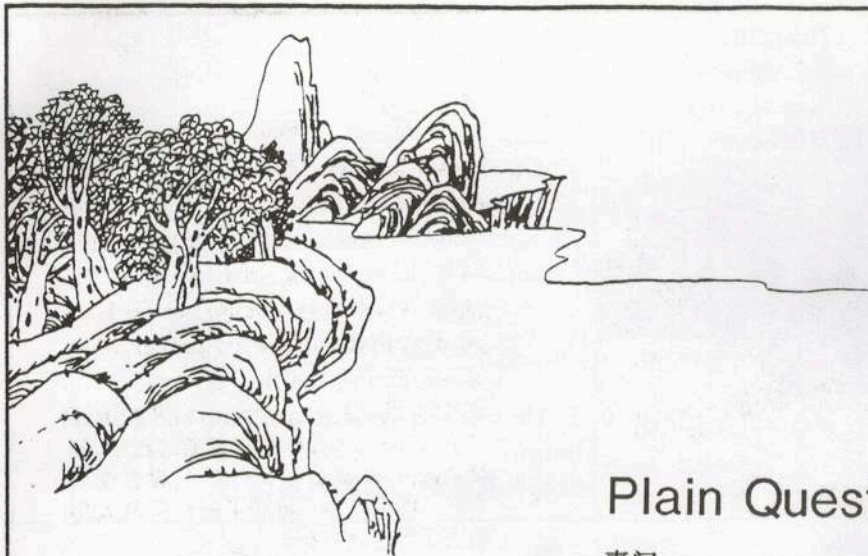
4. Even today, when science and technology are highly developed, this system still shows great potentialities and influences people's life.

这一体系即使在科学技术高度发展的今天, 仍显示出巨大的潜力, 并影响着人们的生活。



5. A good example is the book *The Yellow Emperor's Canon of Medicine*. It was written under the guidance of his philosophical thought and with his active participation.

在他直接和间接参与下完成的医学经典——《黄帝内经》, 就是以其哲学思想所开创的一个光辉范例。

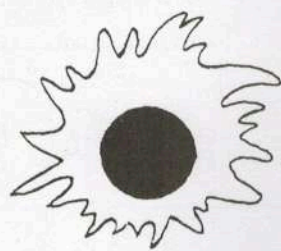


Plain Questions

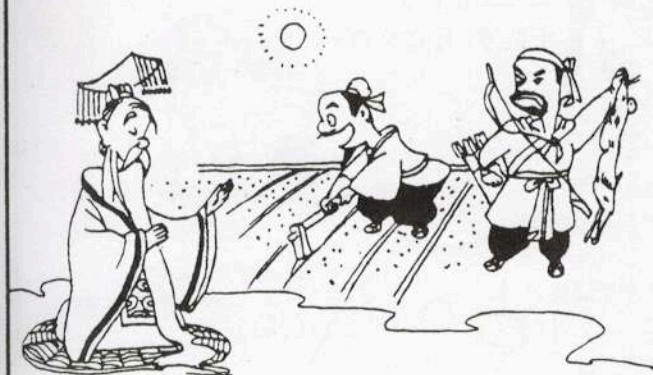
素问



Huangdi
黄帝



Qi Bo
岐伯



1. Emperor asked: I have heard that many people in ancient times lived to a hundred without showing signs of aging. But today people look old at the age of fifty. Is it because times have changed or because people are not following proper ways of preserving health?

黄帝问：我听说上古时代的人，年龄大都能够活到一百岁，还没有衰老的迹象；但现在的人，年龄才五十岁左右，动作便衰老了，这是时代环境变了呢？还是人们违失了养生之道呢？

But today people are different.
但现在的人就不是这样了……。



2. Qi Bo answered: People in ancient times were aware of the ways to preserve health. By following the ways of yin and yang, they were moderate in eating and drinking and scheduled time for work and rest. So both their body and spirit are healthy and they lived to a ripe old age. But people today are different. They have no set time for work and rest. They drink a lot, and after they get drunk they indulge in sexual intercourse. To frequently use your energy excessively and indulge in temporary pleasures transgress the ways of preserving health. Therefore, they get old at fifty.



岐伯答道：古代深懂修养道理的人，效法于阴阳，调和于术数，饮食有节制，作息有常规，所以能够形体与精神都很健旺，活到他们应该享受的年岁；现在的人就不是这样了，他们作息没有规律，贪饮，酒醉以后，肆行房事，经常过分地使用精力，贪图一时的享乐，违反养生之道，所以活到五十左右便衰老了。

The cycle of a
woman's life:
女子一生的节律:



At seven, new teeth
grow.
七岁(开始换牙)



At fourteen, first
menstruation.
十四岁(月经来潮)



At twenty-one, the
kidney qi is full.
二十一岁(肾气充满)



At twenty-eight, mus-
cles and bones are
strong.
二十八岁(筋骨坚强)

The kidney is the organ governing fluids in the human body. It receives the vital essence from the other organs: heart, spleen, liver, and lungs. So when other organs are full, the kidney gives a vital essence. When a person is getting on in age, her internal organs deteriorate and her vital essence is drained.

人体的肾脏,是主管水液,接受五脏六腑精气的器官,所以五脏旺盛,肾脏才有精气排泄,如果年老五脏都已衰退,精气也随之竭尽了……



At thirty-five, her face
becomes dry.
三十五岁(面部始枯)



At forty-two, she be-
gins to have white
hair.
四十二岁(发始生白)



At forty-nine,
menopause.
四十九岁(月经断绝)

The cycle of a man's life
男子一生的节律:



At eight, new teeth grow.

八岁(牙齿更换)



At sixteen, he is full of vital essence.

十六岁(精气充满)



At twenty-four, the kidney qi is full.

二十四岁(肾气充实)



At thirty-two, his muscles and bones are strong.

三十二岁(筋骨强健)



At forty, he begins to lose hair.

四十岁(头发始脱)



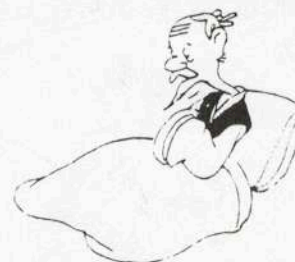
At forty-eight, his face is withered.

四十八岁(面色枯焦)



At fifty-six, his vital essence is deteriorated.

五十六岁(精气衰退)



At Sixty-four, he begins to lose his teeth.

六十四岁(牙齿脱落)



Vital qi, a term in traditional Chinese medicine, refers to the combination of the original qi contained in the kidney, the air breathed in from nature, and the qi from food one has eaten. Qi is the fundamental matter that maintains the physiological functions of all the organs of the human body.

真气:中医学名词,由藏于肾的元气、吸入自然界的大气与饮食水谷之气结合而成,为维持全身组织、器官生理功能的基本物质与活动能力。

1. In ancient times people who know the ways of preserving health would teach others to avoid the evil winds coming from outside, keep a steady and serene mentality, and refrain from covetous and wishful thinking.

古代深懂修养道理的人,经常教导人们说:外界的虚邪贼风,要注意适时回避,同时思想上要安定清静,不要贪欲妄想。



2. In this way, the vital qi in the body will be in a harmonious state, your essence preserved and not drained. You'll be immune from diseases.

那体内的真气就和顺,精神也内守而不耗散,这样,疾病就无从来侵袭人了。



Wow....
哇.....

3. These kinds of people are content and stable. They have few desires and no fears.

因此这类人意志都很安闲,少有欲望,心境安定,没有恐惧。



I've found it!
找到了!

Zheng qi (healthy *qi*), a term in traditional Chinese medicine, is the opposite of evil *qi*. It refers to the immunity of the human body. Pathogeny in traditional Chinese medicine emphasizes the function of *zheng qi*. When it is full, evil *qi* will not be able to intrude.

正气:中医学名词,与邪气相对而言。一般指人体的防御功能。中医病因学在发病方面重视人体正气的作用,如正气充足,则邪气不能侵犯。



1. Labor does not make him too exhausted.

Zheng qi is in a harmonious state.

形体虽劳动,并不使它过分疲倦,正气从而调顺,各得其所。



2. You love what you eat and wear informal clothes. Satisfied with the social customs, you do not envy people in higher positions. Everyone is honest.

吃的觉得美好,穿的也很随便,乐于习俗,没有地位高低的羡慕,人们都很朴实。



5. They all follow the ways of preserving health, so they can live to a hundred years without showing any sign of aging in their movements.

可见他们都符合于养生道理,所以年龄都能达到一百岁而动作仍一点也没有衰老迹象。

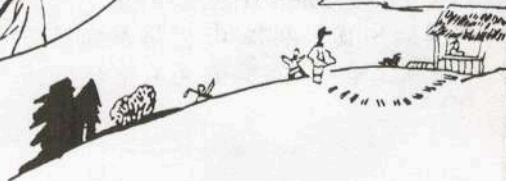


3. Unhealthy habits will not distract him and heresy will not carry him away.

不正当的嗜好不会劳动他的视听,淫乱邪说也不会诱惑他的心意。

4. No matter whether he is stupid, clever, pious or, unfilial, he is afraid of nothing.

不论愚笨、聪明、贤能或不肖的人,对任何事物都没有恐惧心理。



Jing qi, the same as *zheng qi*, refers to the matter considered the essence of life and its functions. It usually refers to the essence acquired after birth and the essence contained in internal organs.

精气:同正气。泛指生命的精华物质及其功能。通常泛指后天之精,以及由此派生出的各脏所藏之精。



1. Why can some people produce offsprings even when they are old?
有些人年纪已经老了,仍能生育子女,这是什么道理?

2. Generally speaking, for men, *jing qi* will not drain until sixty-four, and for women, not until forty-nine.

一般的情况是,男子超不过六十四岁,女子超不过四十九岁,他们的精气就会枯竭。



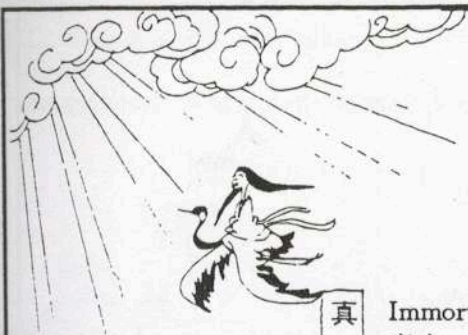
3. People who know the ways of preserving health can preserve the vital *qi* and do not age easily. So, although they are getting on in years, they still can have children.

而懂得养生的人,能够保持真气,形体不容易衰老,所以年龄虽大,仍然能够生育。

4. According to biology, normal life expectancy can be between 120 and 150 years. Therefore, we should overcome the mentality of getting old before our time.

按生理学计算,人的正常寿命应为120岁至150岁。因此,要在思想上首先克服未老先衰的心态哟。





真人 Immortal
真人

1. I have heard there were four types of people in ancient times who knew the ways of preserving health.

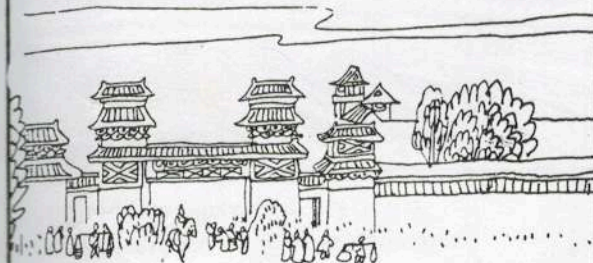
我听说上古时代有这样四种深懂养生之道的人。



2. Complete person

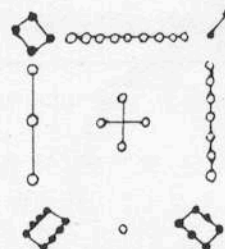
至人

至人



3. Sage
圣人

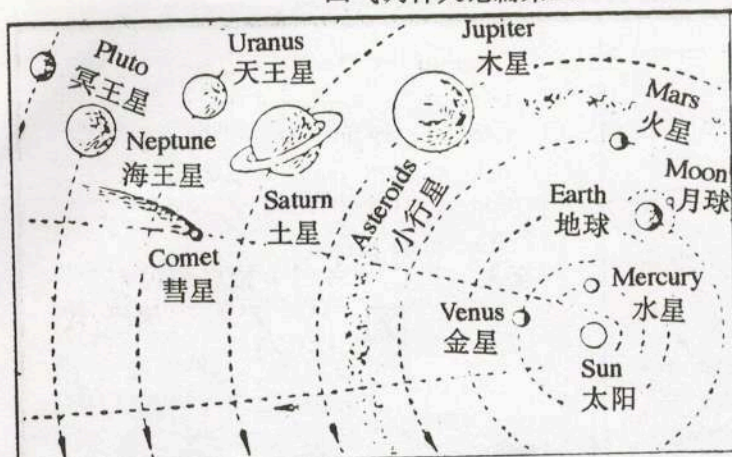
圣人



4. Virtuous person
贤人

贤人





1. The universe is clear and bright. Since the furtive virtue of Heaven moves endlessly, not revealing its light, it exists forever. If Heaven does not conceal its virtue and reveal its brightness, the sun and the moon would not shine.

天地是清静光明的，由于天德隐藏，运行不息，不自暴露它的光明，所以万古长存而不下。如果天不藏德，显露它的光明，那日月就会没有光辉了。

2. Evil qi, the opposite of vital qi, refers to all factors that cause one to fall ill.

邪气：泛指一切致病因素，与“正气”相对而言。

When evil qi takes control, the climate is stifled, earth becomes dark with clouds and fog which do not lift. Rain will not fall and there is no communication between the earth and heaven.

邪气就会乘虚而入，天气因而闭塞，大地因而昏暗，云雾弥漫不能上升，雨露就不能下降，上下不相交通。

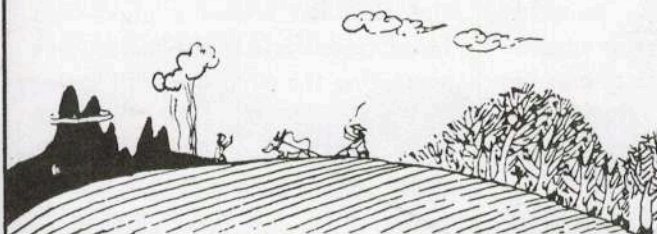


3. Since yin and yang are not in harmony, no living creature is able to grow. Even large trees wither. 阴阳不和，万物由此而不得生发，即使高大的树木，也难免凋谢了。



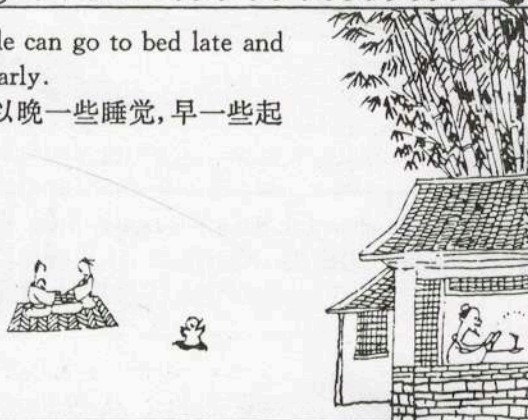
1. Spring is the time when all living creatures grow.

春天三个月,是万物生发,推陈出新的季节。



2. People can go to bed late and get up early.

人们可以晚一些睡觉,早一些起床。



3. Take a walk in the courtyard. Loosen your hair, relax your body and get excited.

到庭院中散散步,披开头发,舒缓形体,使情志活泼。



5. Let things please your eye and mind. Don't let anything harm your body. 只应赏心悦目,而不要摧残身体。



Liver qi has two meanings: (1) It refers to the essence of the liver. (2) It refers to symptoms of liver disorder such as liver pain, abdominal distension, vomiting, belching, weak pulse, etc.

肝气:中医学名词①指肝脏的精气。②指肝经气分不和的症候,如肋痛、腹胀、呕吐、嗳气、脉弦等。

4. Just as you treat all the budding creatures, let yourself grow.

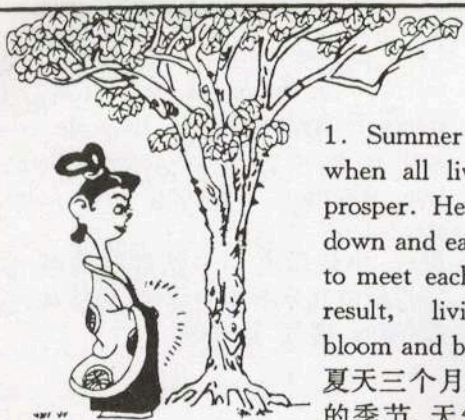
就像对待初生的万物那样,只应给予生发,而不应剥夺。



6. This is how you cherish your vital qi in spring. If you transgress against it, you will harm your liver qi. In summer, you will suffer from "cold" diseases and the human body's ability to adapt to the long summer day will be reduced.

这就是春天调养“生气”的道理,如果违反了它,就要损伤肝气,到了夏天,就会变生寒性的病,使人体适应夏季盛长之气的的能力减少。





1. Summer is the season when all living creatures prosper. Heavenly qi goes down and earth qi goes up to meet each other. As a result, living creatures bloom and bear fruit.

夏天三个月,是万物繁荣的季节,天气下降,地气上升,二气交合,万物也就开花结果了。

Heart qi is a term in traditional Chinese medicine. According to the theory of channels and collaterals, the heart has a close relation with blood vessels and is the major force promoting the circulation of blood.

心气:中医学名词,五藏之一,根据藏象、经络学说,心的功能是心主血脉:指心与血脉有密切关系。血液循环运行,主要靠心气的推动。

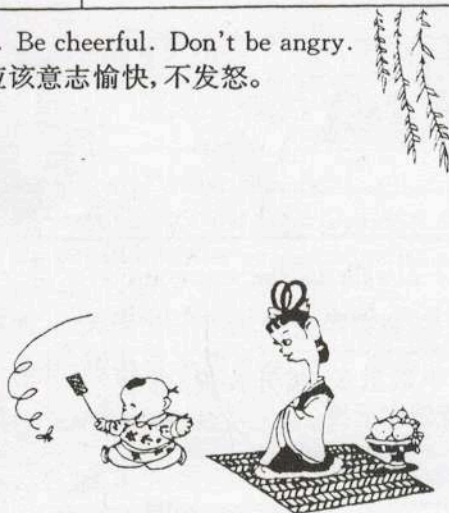
2. People should go to bed late and get up early. Don't hate the long days and hot weather.

人们应该晚些睡觉,早些起床,不要厌恶夏天日长天热。



3. Be cheerful. Don't be angry.

应该意志愉快,不发怒。



4. Like the flowering of a bud, people should give off the yang qi inside their body.

像有花苞的植物那样,使其成秀,使其体内阳气能向外宣通开发。



5. This is why we nurture our qi to suit the long summer days. Otherwise, your heart qi will be harmed. You may contract malaria in autumn and have your ability to suit autumn reduced. You may fall ill again in winter.

这就是适应夏天调养“长气”的道理。不然就要损伤心气,到了秋天,会发生疟疾,而使秋天适应“收气”的能力减弱,冬天还可能重复发病。



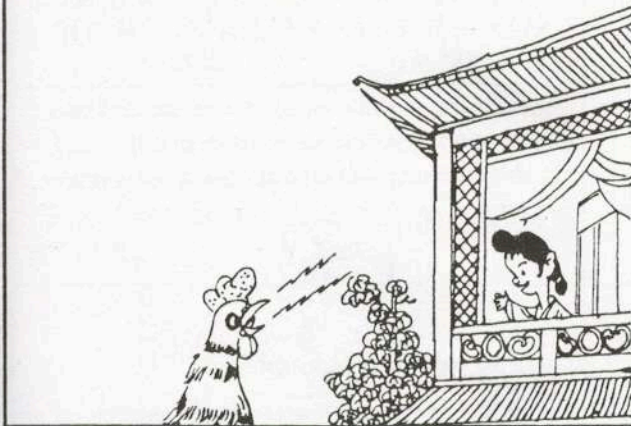
1. Autumn is the season when all things ripen. The weather becomes cool, winds strong, earth clear, and all things change color.

秋天三个月,是万物成熟的季节,天气已凉,风声劲急,地气清肃,万物变色。



2. People should go to bed early at night and get up early at daybreak like the rooster, to keep your mind comfortable and calm.

人们应该早睡早起,像鸡一样,天亮就起身,天黑就睡觉,使意志安逸宁静。



3. This will allay the effects of the cool weather on the body so that we can preserve our vital qi and keep it in balance.

来缓和秋天肃杀气候对人体的影响,收敛神气,使其得以平衡。



Lung qi is a term in traditional Chinese medicine. According to the theory of visceral outward manifestation and channels and collaterals, the lungs' functions are: (1) Lungs, the organ for respiration, is the governing organ of qi over all the human body. (2) It regulates fluid inside the human body. (3) Lungs have a close relationship with the skin and hair. (4) Lung qi passes through the nose and the two are closely related.

肺气:中医学名词。五藏之一,根据藏象,经络学说,肺的功能是(1)肺主气,肺司呼吸,并有统属一身之气的功能。(2)通调水道,指体内水液的通畅与调节,有赖于肺气宣散,肃降的作用。(3)肺主皮毛,指肺与体表皮毛有密切关系。(4)肺气通于鼻,指鼻与肺有直接关系。



4. This is why we should preserve qi for autumn. Otherwise, lung qi will be harmed. One will suffer from persistent diarrhoea in winter and the ability to suit winter will be weakened.

这就是适应秋天调养“收气”的道理,否则就要损伤肺气,到了冬天,就要患顽固不化的泄泻病,使人适应冬天潜藏之气的的能力减弱。



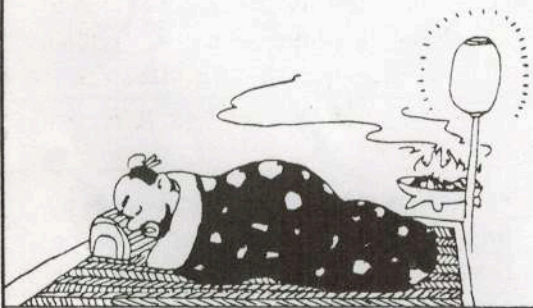
1. Winter is the season when life in all things is concealed. Rivers are frozen and the earth cracks because of the cold.

冬天三个月，是万物生机潜藏的季节，所以河水结冰，地面冻裂。



2. People should not disturb the yang qi. They should go to bed early and get up late, just like the rise and setting of the sun.

这时人们也不要扰动阳气，应早些睡觉，迟些起床，睡觉和起床的时间以太阳的起落为标准。



5. This is why you must store qi to suit winter. If you transgress, you will harm your kidney qi. You will suffer from flaccid paralysis in spring and your ability to suit spring will be weakened.

这就是适应冬天调养“藏气”的道理。如果违反了它，就要损伤肾气，到了来年春天，就要发生痿厥之病，使人适应春天气的能力减少。

Kidney qi is a term in traditional Chinese medicine. According to the theory of visceral outward manifestation and channels and collaterals, the functions of the kidney are: (1) Essence is stored in the kidney. Kidney essence is the fundamental matter for human growth and reproduction. It is an essential of life. (2) The kidney regulates fluid in the human body and governs the discharge of waste fluids. (3) The kidney is the governing organ of bone marrow. (4) The kidney takes in qi. (5) The kidney qi goes to the ear, indicating the two are closely related.

肾气：中医学名词。五藏之一，根据藏象，经络学说，肾的功能是(1)肾藏精，肾精是人体生长发育和生死的基本物质，为人体生命之本。(2)肾主水液，指肾有主持水液调节和排泄废液的功能，这些功能主要依赖肾的气化作用。(3)肾主骨生髓。(4)肾主纳气。(5)肾气通与耳，指肾与耳有内在联系。

3. Let the mind rest in peace as if you have a secret you don't want to divulge. It is also pleasant, as if someone told you a secret.



使意志好像埋伏藏匿般的安静，好像有难以告人的私情，又好像已经获得了秘密一样的愉快。

4. Avoid cold and keep warm. Don't let your skin perspire, otherwise the stored yang qi will be disturbed.

避免严寒，保持温暖，不要使皮肤开泄出汗，而致闭藏的阳气受到影响。



Shaoyin disease is a term in traditional Chinese medicine. Major symptoms are weak pulse, drowsiness, terrible cold, clear and thin urine, and loss of yang because of perspiration. It also indicates sufficient in yang and deficient in yin. Vexed feeling, restlessness, throat ache, dry mouth.

少阴病: 中医学名词。主要脉证为脉微细、嗜睡、恶寒蜷卧, 四肢逆冷、下利清稀, 甚则汗出亡阳等。亦有阴虚阳亢而见心中烦, 不得卧, 咽痛、口燥等症。



The liver is analogous to a general.
肝 将军之官

Acting contrary to the climate of spring, Shaoyang is not discharged and the suppressed liver qi will cause disease.

违背了春生的气候, 少阳就不能生发, 肝气内郁而发生病变。

The heart is analogous to a monarch.



心 君主之官

Acting contrary to the climate of summer, Taiyang will not grow and you may suffer from a deficiency of heart qi.

违背了夏长的气候, 太阳就不能生长, 使心气内虚。

The lungs are analogous to a prime minister:
肺 宰相之官



Acting contrary to the climate of autumn, Taiyin will not be restrained and you will feel distention because of the heat in the lungs.

违背了秋收的气候, 太阴就不能收敛, 肺热叶焦而产生胀满。

Kidney, the organ of strength.
肾 作强之官



Acting contrary to the climate of winter, Shaoyin cannot be stored and kidney qi will be weakened.

违背了冬藏的气候, 少阴就不能潜藏, 肾气就要衰弱。

Shaoyang disease is a term in traditional Chinese medicine. Major symptoms are alternate cold and fever, tightness in the chest, no appetite for food, vexation, vomiting, bitter mouth, dry throat, dizzy, and weak pulse.

少阳病: 中医学名词。主要脉证为寒热往来、胸肋苦满、不欲饮食、心烦喜呕, 及口苦、咽干、目眩、脉弦等。

Note: Taiyang, Shaoyang, Shaoyin, and Taiyin represent summer, spring, winter and autumn respectively.

注: 太阳、少阳、少阴、太阴分别为夏、春、冬、秋四季的代名词。

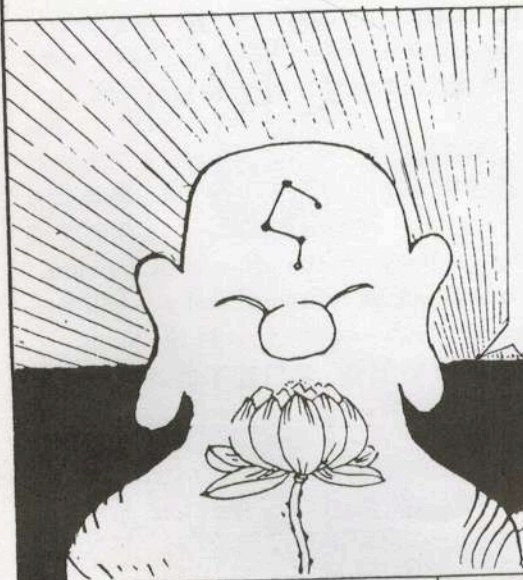
1. The changes of the four seasons and yin and yang make it possible for all things to grow.

四时阴阳的变化,是万物生长收藏的根本。



2. By following this fundamental rule he can maintain normal growth like everything else.

以顺从这个根本,因而他能够和万物一样,保持着生长发育的正常规律。



Therefore, a sage will preserve yang qi in spring and summer and yin qi in winter and autumn.

所以圣人在春、夏保养阳气,在秋、冬保养阴气。

3. The changes of yin, yang and the four seasons decide growth, aging, and the death of all things. Acting contrary to it will result in disaster.

因此说,阴阳四时的变化,是万物生长、衰老、死亡的根本,违背了它就要产生灾害。



4. When you comply with it, you will be immune from diseases. These are the ways of preserving health.

顺从了它,疾病就不会产生,这就叫作养生的法则。



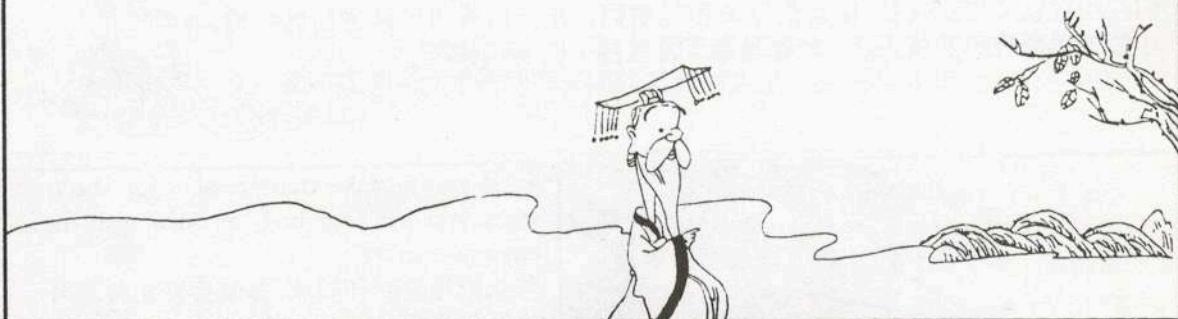
5. A sage strictly follows the ways of preserving health. But a foolish man transgresses them.

对于养生法则,圣人切实地奉行着,愚人却违背了它。



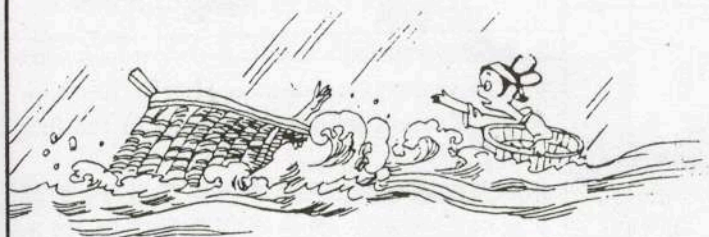
1. The outbursts of evil qi, the excessive wind and rain, and the delayed dew make grass and trees wither.

恶气不时发作,风雨没有调节,当下的白露不能下降,所以草木枯槁,失去了它的繁荣景象。



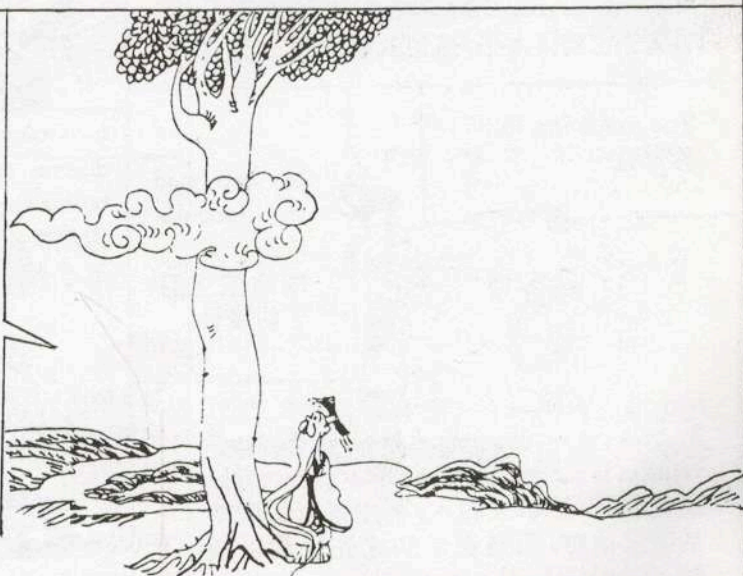
2. Evil winds and violent downpours happen frequently. The disorder of heaven, earth, and the four seasons disrupt the regular growth of all things and they all die before reaching half of their life span.

不正的贼风,急暴的大雨,频繁地发生,天地四时的秩序紊乱,破坏了万物生长规律,使万物的生命未到一半就夭折了。



3. Only a sage can adapt himself to the changes in nature. He heeds the ways of preserving health so he does not suffer from serious illness. If all things know the ways of preserving health, their energy will not be drained.

只有圣人能够适应自然的变化,注意修养,所以身体没大的疾病,要是万物都能不失于修养之道,那它的生气就不会衰竭了。



Yin and yang, ancient Chinese philosophy, holds that everything in nature contains two aspects: yin and yang. They are opposite and related, rely on and check each other. The movement of yin and yang enhances the progress of all things. This theory runs throughout ancient Chinese medicine.

阴阳:中国古代的哲学思想。认为自然界一切事物都包含着阴阳两个方面,它们互相对立又相互联系;相互依存又相互制约。正是因为阴阳两方面的运动,才能推动事物的发展。这一思想贯穿于古代整个医学领域。



1. Complying with yin and yang means life, transgression means death.
顺阴阳就能生存, 违逆就要死亡。

4. If you mistake transgression for obedience, you put your body at odds with the environment.

如果把违逆当作顺从, 那就会使机体和环境互相格拒。

You drink it.
你喝吧。



2. Complying with yin and yang means peace, transgression means chaos.
顺从了它就得太平, 违逆就要混乱。

5. Like governing a country, do not look for a way to suppress a rebellion after it has happened. Prevent it from happening in the first place.

和治理国家一样, 不要等到出了乱子, 然后研究治乱的方法, 而是要在未乱之前, 防止乱子的发生。



You are going to....
你这是.....



My baby had an inoculation.
刚给宝宝打了防疫针。

3. So a reasonable person believes that prevention is more important than cure.
因此说, 明达事理的人, 不主张有了病然后讲求治疗, 而是在未病之先就加以预防。

6. Going to see a doctor after contracting a disease and suppressing a rebellion after it bursts forth is paramount to

假使疾病已经发生了才去医治, 战乱已经形成才去平定, 就等于.....

I'll dig a well to quench my thirst.
我要挖井解渴。



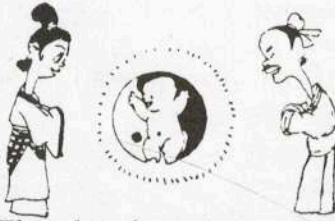
The enemy has stormed into the city.
敌人杀进城了!





Three yin and three yang: three yin refers to Taiyin, Shaoyin and Jueyin channels. Three yang refers to Taiyang, Yangming and Shaoyang channels. They are opposite in function. The three yin channels govern the interior: heart, liver, spleen, lungs and kidney. The three yang channels govern the superficial: bile, stomach, large intestine, small intestine, gallbladder and san jiao (triple energizers).

三阴三阳，三阴一般指太阴、少阴、厥阴三条阴经，三阳指太阳、阳明、少阳三条阳经。在辩证上三阴经和三阳经是相对应的。三阴经主里、主脏；三阳经主表、主腑。



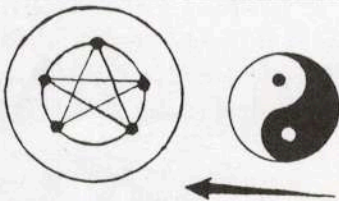
1. There has always been a close relationship between man and nature. The basics of life are yin and yang.

自古以来，人和自然界就有息息相通的关系，生命的根本，就是阴、阳。



3. Man's nine orifices, five internal organs, and twelve joints are closely related to the climate.

人之九窍、五脏、十二关节，都是和天气相通的。



4. Yin and yang in heaven produces the five elements on earth. And the five elements on earth correspond to the three yin and three yang in heaven.

天的阴阳，化生地之五行；地之五行，又上应天的三阴三阳。

2. Everything between the earth and heaven, the nine continents...

凡是天地之间，四方上下之内，无论是地的九州……

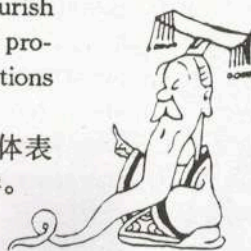


5. If people often transgress the law between man, heaven, and earth, evil qi will harm their body and will affect their life span.

如果人们时常违反了这种天地人相应的规律，邪气就会伤害人体，这是人之生命的根本。

Yang qi is a term in traditional Chinese medicine. It functions to nourish all organs of the human body, maintain physiological functions, and protect the human body. Yang qi is found all over the body. Its functions and names vary.

阳气:中医学名词。有温养全身组织脏器,维持生理功能和固卫体表等作用。阳气充于周身,因散布部位不同,其作用和名称亦各有异。



1. Yang qi in the human body is like the sun. When the sun is abnormal, nothing can exist. 人体的阳气,好像天体中的太阳,若是太阳失常,万物就不能生存。



2. When yang qi in a human body is in an abnormal state, the person will die young.

人身体中的阳气失常,就会在不知不觉间夭折寿命。



3. So the movement of heaven is centered around the sun's brightness.

所以天的运行,应该以太阳的光明为主。



4. The yang qi on the human body should move upward and outward to protect the body.

而人身的阳气,也应该向上向外,起着保护身体的作用。



Deficiency of qi, in traditional Chinese medicine, refers to the pathological phenomenon resulting from the deficiency of vital qi or exhaustion of promordial qi. Unbalanced food and heavy labor may harm the spleen and hurt vital qi. As a result, the person will feel tired in his limbs and will not want to eat. When promordial qi is hurt, the person will suffer from dizziness, soreness in the waist, and short of breath. Deficiency of qi in other internal organs may occur as well.

气虚:中医学名词。一般多指中气不足或元气虚衰的病理现象。如饮食失调,劳倦伤脾,每致中气受伤,而见肢倦、乏力、食少等症,而元气耗损,则见头晕、腰酸、气短等症,这些症候往往可出现其它脏器的气虚症候。



3. In summer the heat may hurt you. You will perspire and feel short of breath when in a fret. That indicates the heat has entered your internal organs.

由于夏季暑气所伤,汗出,烦躁时就喘促气粗,喝喝有声,如暑热之邪内攻……



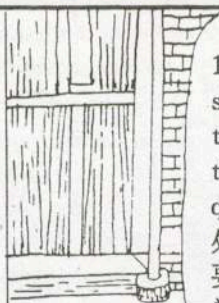
4. Although you may not feel vexed, you speak a lot and your body is hot like a burning coal. It cools down after you perspire. This indicates that you've been hurt by the summer heat.

或身形虽不烦躁,而反见多言多语,身体热得像炽火燔炭一样,必须出汗,发热方能退去,这都是夏季的暑气所伤。



1. In cold weather, people should stay at home just like the door post which stays in the mortar to preserve yang qi.

处于寒冷天气,人们的活动要深居周密,好像门轴藏在门臼内转动一样,保护阳气。



You're drunk....
你醉了……



2. If you live an irrational life, your energy will drift away and yang qi will not be preserved.

如果起居妄动,神气向外浮越,阳气就不能密固了。

5. If you are hit by the evil damp, your head will feel heavy and distended as if it were wrapped in something. If not treated in time, your muscles and tendons will be harmed and you will suffer from



flaccid paralysis. 如果伤于湿邪,则头部重胀,如被物裹,若不及时消除,就会伤害筋络,导致抱挛痿弱。

6. Deficiency of qi also may cause edema of the limbs. This is because the yang qi is lost.

如果由于气虚而为肿病的,四肢就会交替浮肿,行动互相更代,这是阳气衰弱的现象。



I'm swollen!
肿了!

Jianjue, the ancient name of a disease, refers to a coma when the real yin is burnt by fire. It may also be caused by a mental trauma or excessive heart blood. Symptoms include deafness, blindness, and sudden collapse.

Baojue, the ancient name of a disease, describes fury which may cause qi and blood to move backward. Main symptoms are headache and coma.

①煎厥:古病名。指真阴被火热煎烁而产生的昏厥。也可由精神创伤,心血旺而产生。表现为耳鸣、耳聋、目盲、突然昏倒等。②薄厥:古病名,大怒而使气血上逆之症。主要症状为头痛、眩仆等。



1. When you are extremely tired, the yang qi in your body will become tense, causing the yin energy to drain.

阳气在人体内,如果在过度疲劳的情况下,就变得紧张亢盛,因而导致阴精耗竭。

2. If this happens very often, in summer, with the hot weather, one will suffer from *jianjue*.

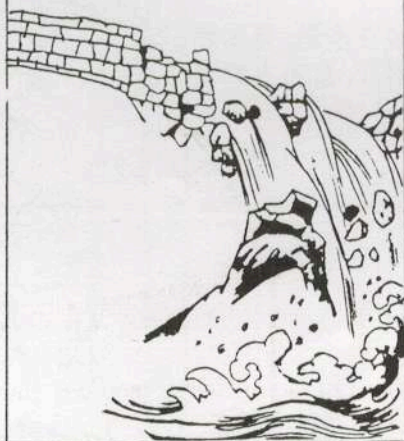
如果这种情况重复地发生下去,到了夏天,再加上暑热的薰灼,就会使人发生“煎厥”之病。



3. Main symptoms are blurring of the eyes and deafness. It is very dangerous.

它的主要症状还有,两目昏糊不清,两耳闭塞不闻,形势危殆。

4. It is devastating, like a dam burst by a flood.
正像河堤决口,水流横溢,一发而不可收拾。

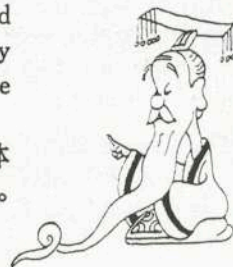


5. Fury can cause yang qi in the body to become disorderly. Hence channels and collaterals will be blocked and blood will be limited to the upper part of the body, resulting in a coma called *baojue*.

人身的阳气,也可由于大怒而逆乱,使经络隔绝不通,血液郁积于上部,发生昏厥,叫作“薄厥”。

Pianku, also called *niuku* in traditional Chinese medicine means paralysis of one side of the body, often the result of a stroke. Since qi and blood are lost, ying and wei are deficient, wind and phlegm enter the channels and cause disease. This disease is generally cured by supplementing qi and activating blood circulation, dredging the channels, and with acupuncture treatment.

偏枯:中医学病症名。亦称“牛枯”、“偏瘫”、“半身不遂”。指一侧肢体瘫痪,多见于中风后遗症,多因气血亏损,营卫俱虚,风痰入络所致。治宜益气活血,疏通经络,并结合针刺疗法。



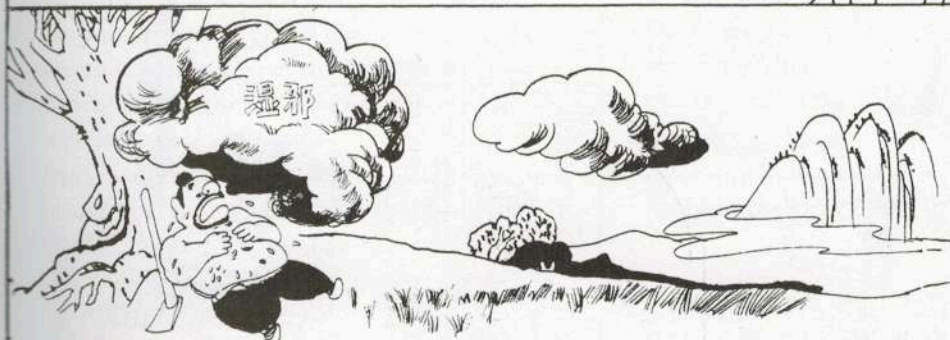
1. When a tendon is injured, it becomes slack and its action can not be controlled by the person's will.

筋有了损伤,会变松弛,其行动就不受意志的支配了。



2. If one side of the body keeps perspiring, the person might suffer from *pianku* in the future.

汗出偏于半身的,将来可能发生“偏枯”。

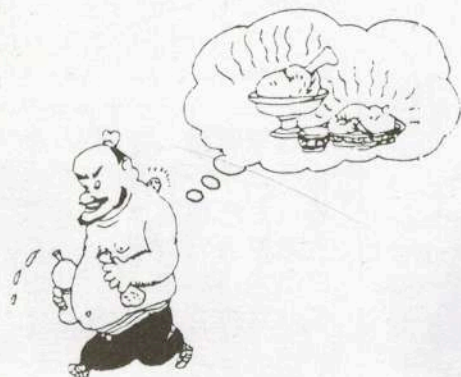


3. When one is invaded by the evil damp after perspiring, he will suffer from boils.

汗出后受到湿邪侵袭,就要发生小疖和汗疹。

4. He who eats too much fatty food will suffer from malignant boils.

过分多吃肥美厚味食物的人就容易发生大的疔疮。



5. One catches the disease as easily as accepting something in an empty receptacle.

他们的发病好像拿着空的器皿接受东西一样容易。

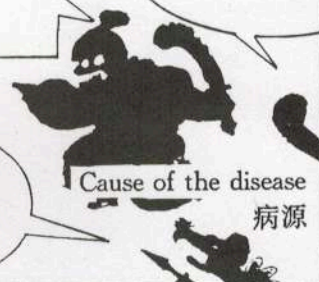
Brothers, I have found the target. Who will go?

弟兄们, 发现目标了, 谁去?

I will go. 我去!

All of us shall go. 全都去!

Cause of the disease 病源



6. After laboring, if you perspire in the wind, cold air will enter your skin and cause acne.

如果劳动之后, 汗出当风, 寒气内侵皮肤, 常常发生粉刺。



7. It will spread all over.

如果郁积久了, 便成为痤疮。

How ugly I am.

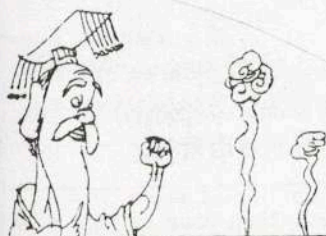
啊! 难看死了。



Ying qi, a term in traditional Chinese medicine. The vital qi produced from the food and water one has eaten and drunk. It functions to promote the circulation of blood and nourish the internal organs.

营气:中医学名词。为人体中饮食水谷所化生的精气,有运行血液与滋养脏腑、组织的作用。

1. Yang qi can nourish the soul and tendons.
阳气的功能,生化精微可养神,柔和之气可以养筋。



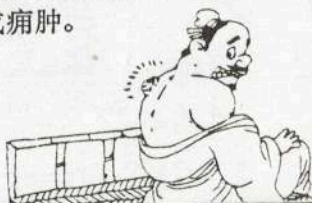
3. When cold air enters the veins, blood will clog and result in piles. If cold air stays in the muscles, the pain will not be cured for a long time.

寒气深入于血脉之中,血脉凝涩,便会发生瘰疮;如留连于肌肉之间,便会久不能痊愈。



5. Ying qi exists in the channels and collaterals. The intrusion of cold air blocks the ying qi which stays crammed into the muscles and causes carbuncles.

营气本来是流行于经脉之中,如寒气侵入其中,营气则不能顺从应走的原路,而阻滞于肌肉之中,日久便形成痈肿。



2. When the opening and closing of sweat pores are in disorder, cold air will intrude and yang qi will be harmed and tendons lost their nourishment. As a result, your body will become rigid.

皮肤汗孔的开闭失去调节,寒气就会乘机侵入,阳气受伤,筋络失去了温养,以致身体屈伸不利,行动俯偻。



Ouch! I'm suffering from cold air.
哎哟……受寒了!



4. If cold air enters internal organs from the shuxue point, the person affected will panic.
如果寒气从俞穴侵入,内迫脏腑,就会出现惊骇的症状。

6. When you are tired and perspiring, cold air enters your body.

Shuxue point is blocked. You may suffer from malaria.

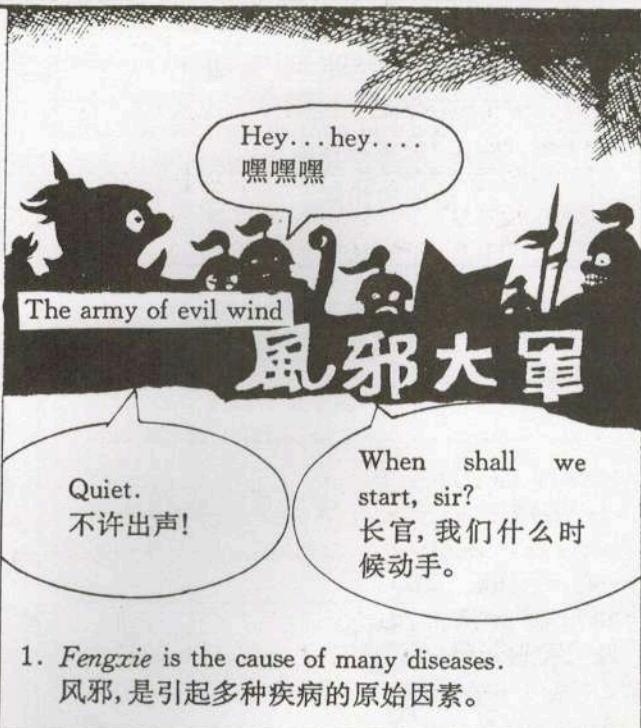
Ahchoo! I've caught a cold.
啊嚏!感冒了!

形体疲劳,汗出未止,又突然感受了风寒,穴俞因此闭塞不通,便会发生“风疟”。



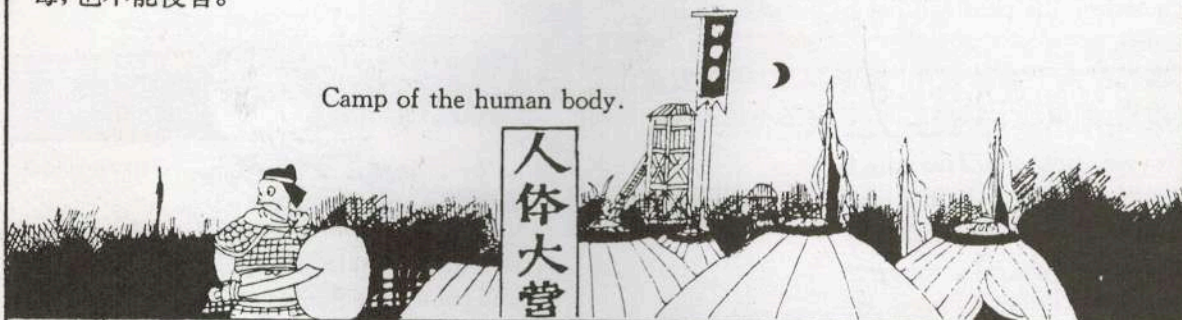
Fengxie (evil wind), a term in traditional Chinese medicine, is one of the six external factors which cause disease. Since wind is a yang evil, the parts it affects usually are superficial and inclined to move. The patient's condition tends to change often and quickly. Symptoms include headache, fever, perspiration, aching all over the body, and itching.

风邪: 中医学名词六淫之一, 由于风为阳邪, 故其侵袭的部位多在表、在上, 具有游走性, 病情变化较多较速, 临床多见头痛, 寒热汗出, 遍身游走疼痛及肌肤疹痒及肌肤瘙痒等症。



2. If you have a quiet and calm mentality, and yang qi is strongly guarded, then your muscles and skin will have firm resistance against a strong wind.

如果意志清静而阳气固密, 那么肌肉皮肤就有坚强的抵抗力。虽有厉害的大风苛毒, 也不能侵害。



3. It is essential that you adapt yourself to the changes of the four seasons.

这样做的主要关键, 就是要循着四时气候的顺序, 而注意适应的方法。



Yang qi is the opposite of yin qi. It refers to either the qi in the six internal organs (gallbladder, stomach, large intestine, small intestine, urinary bladder and sanjiao), or defensive energy, or the upward, outward-moving in vigorating qi.

阳气:与阴气相对立。阳气,就功能与形态来说,指功能;就脏腑功能来说,指六腑之气;就营卫之气来说,指卫气;就运动方向和性质来说,指向上的、外表的、充盛的、增强的等。



1. When a disease lingers, it goes deep into the body and changes for the worse. When communication between the upper body and lower body is cut off, even a good physician will not be any help.

病邪留的时间长了,就会内传而变化,若到了上下不相交通的阶段,即便有好的医生,也没有办法了。

Why wasn't he treated earlier?

为什么早不医治?



2. The accumulation of yang qi can cause death for it will block communication. The treatment is to discharge.

而阳气蓄积,也会致死,因为阳气蓄积就要隔塞不通,这时就要用泄的治法。

I order you to take croton seed to break open the passes immediately.

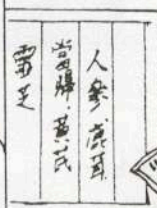
命你带巴豆等将,迅速打通关卡。



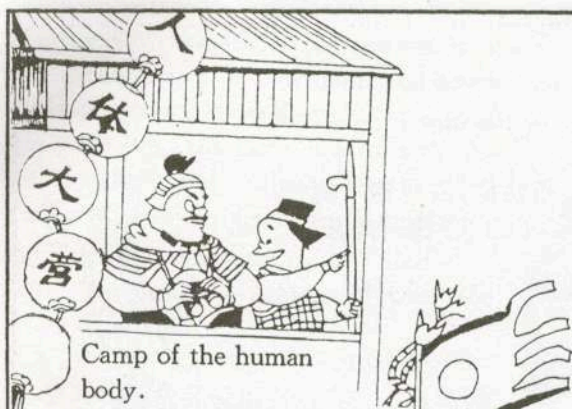
Yes.
是!

3. If the patient is not treated in time or if the doctor is incompetent, he is in great danger.

如果不及时给予治疗,再遇上医术不高明的郎中,病人就危险了。



He needs to be nourished.
需要大补。



Camp of the human body.

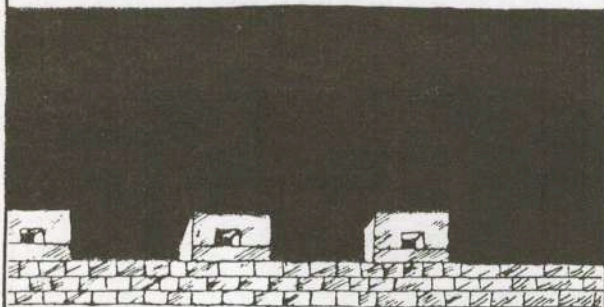
4. In the daytime, yang qi mainly protects the exterior human body. At dawn, yang qi is active around the body.

人身的阳气，在白天的时候，主要保护着人体的外部，天刚亮的时候，阳气就开始活跃于体表。



6. When the sun is going down in the west, yang qi around the human body begins to ebb and the open sweat pores begin to close.

太阳偏西时，体表的阳气就渐渐地虚少，汗孔由开而趋向闭密。



7. So everybody should sleep at night to preserve yang qi. The skin and hair will close like a door and the tendons and bones will be undisturbed. Do not expose yourself to fog and dew.

所以，晚上就应当休息，使阳气能够收藏，皮毛好像门户那样关闭，不要扰动筋骨，不要接受雾露。

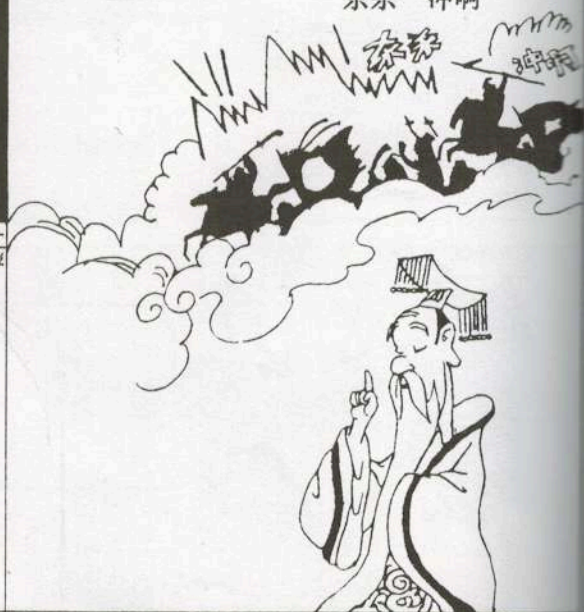
5. Yang qi is strongest at noon.
中午的时候，阳气最旺盛。



8. If you act contrary to the laws by which yang qi moves at these times, evil air will invade your body.

如果违反了阳气在这三个时间的运行规律而活动，形体就要被邪气所乘了……。

Go!
Kill them.
杀杀 冲啊



Wuxing are the five elements: metal, wood, water, fire, earth. Ancient Chinese thinkers used the five elements to explain the origin of all things in the universe and the unity of diversification.

五行:指金、木、水、火、土五种物质。中国古代思想家企图用日常生活中习见的上述五种物质来说明世界万物的起源和多样性的统一。



1. Qi Bo said, yin, which contains vital qi within, is the source of qi in the human body. Yang protects the outside body and strengthens muscles and skin.

岐伯说,阴是内藏精气的,为人体气的来源;阳是保卫外部的,能使肌肤固密。

3. The horse bears the characteristics of yang. 马在五行中属于阳性。



If yang becomes excessively strong, it will run out of control.

若阳气亢盛,就会发狂。

He goes first.
它先走了



2. If yin cannot overpower yang, the pulse will be quick.

倘然阴不能胜阳,就会使脉的流动急迫。



4. If yang qi cannot overpower yin, the qi within the five internal organs will be in disorder and the nine orifices will be blocked.
如果阳气不能胜阴,那就使五脏之气不相融洽,以致九窍不通。

How strong they are.
真厉害!

We've driven the evil qi away.
邪气被我们打跑了。

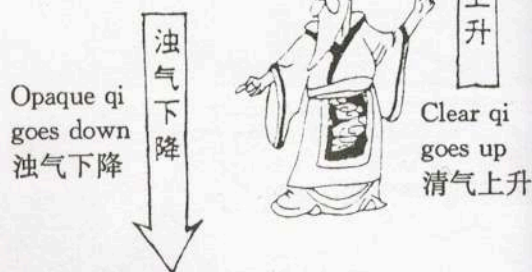


Evil qi
邪气

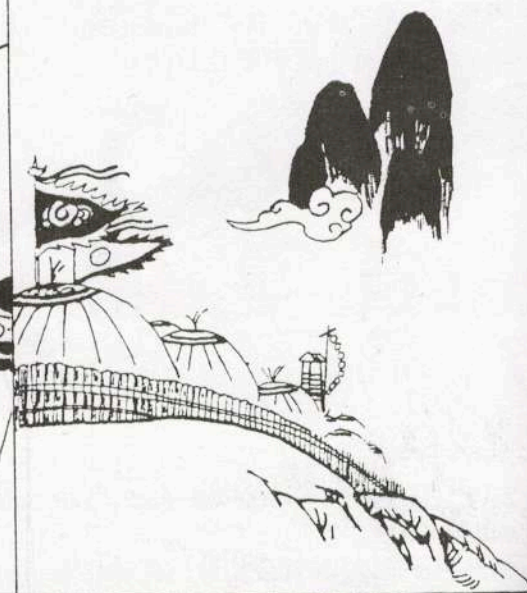
6. When the body is in balance, evil qi will not be able to invade.
像这样内外调和,邪气就不能侵害。

5. So a sage knows how to balance yin and yang and keep them in their proper places. In this way, tendons and pulse are in harmony, bones and marrow are strong, qi and blood circulate normally.

所以圣人善于掌握阴阳,使其各安其位,筋脉和顺,骨髓坚固,气血流行,各循常道。



7. You will have sharp ears and eyes and vital qi will stand erect, not shaken by evil qi.
耳聪目明,真气独立如常,不被邪气所动摇。



Essence and blood, both in the category of yin, are often mentioned together. Both come from food taken in by the spleen and stomach. They are bound together for good or ill. Since the liver stores blood and the kidney stores essence, diseases resulting from a deficiency of essence and blood are treated by nourishing the liver and kidney.

精血:二者同属于阴范畴的两类有形物质。所以,中医常将二者相提并论。精和血都来源于后天的食物,靠脾胃的摄取获得。二者一荣俱荣,一损俱损。由于肝脏藏血,肾藏精,临床上精血亏损的病症,常用补肝益肾法治疗。



1. When evil wind invades the human body, it becomes hot.

风邪侵入体,就会渐渐化热。



Here is a good opportunity.
机会来了。



3. When essence and blood are harmed, they are no longer able to nourish the liver.

因为肝有藏血的功能,精血伤则不能滋养肝脏了。

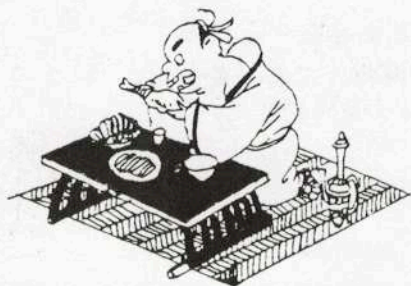
2. Evil qi has harmed the liver, and essence and blood were affected.

精血因此受到损耗,这是邪气伤于肝脏的缘故。



4. If you eat too much, the tendons of the stomach and intestines will be harmed because of the packed food.

如果吃得过饱, 肠胃间的筋脉必因食物充塞, 而横逆损伤。



5. You will suffer from diarrhea and hemorrhoids.

就要发生下痢脓血或变为痔疮。

The lavatory is out of order?

厕所停用?



6. If you drink too much, the qi will go rise.

如果饮酒过度, 则每使气往上逆。



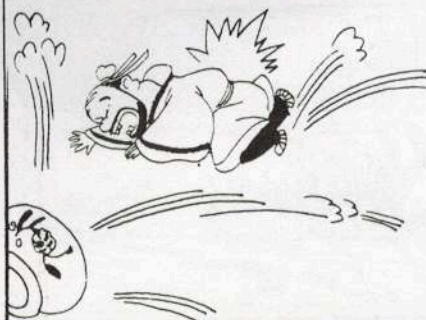
7. If you overexert yourself. . . .

如果勉强用力:



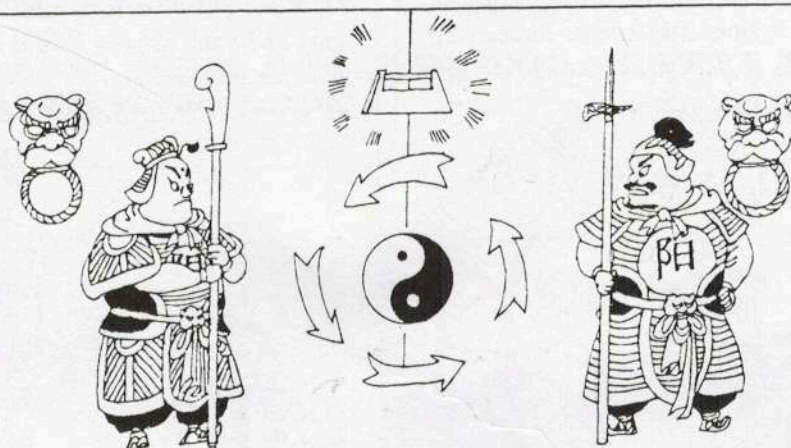
8. The kidney qi will be harmed and your waist will ache.

那么肾气受伤, 腰部高骨就要败坏。

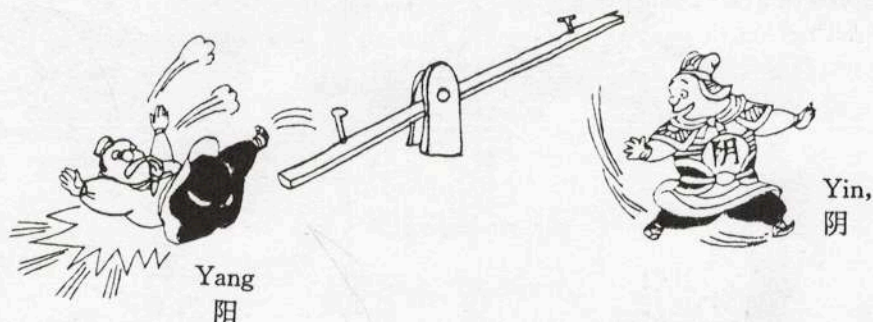


Yin and yang, the concepts of Chinese philosophy. Originally, yin meant shade and yang meant light. Later, they came to mean cold and warm climates. When ancient thinkers found that all phenomenon has two opposing sides, they adopted yin-yang to explain any two entites in the universe that are opposite.

阴阳:中国哲学的一对范畴。阴阳最初的意义是指月亮的向背,向日为阳,背日为阴。历来引申为气候的寒暖。古代思想家看到一切现象都有正反两方面,就用阴阳这个概念来解释自然界两种对立和相互消长的物质势力。



1. The essential point of yin-yang is inside firmness and outside protection.
大凡阴阳的主要关键,在于阴阳气的内致密而外固护。



2. When the balance between yin and yang is disrupted, it is as if the year had spring without autumn, winter without summer.
如果阴阳失去了平衡协调,就好像一年之中,只有春天而没有秋天,只有冬天而没有夏天一样。

3. So, having yin and yang in balance is the best way of preserving life.

因此,能使阴阳调和,是最好的养生法度。



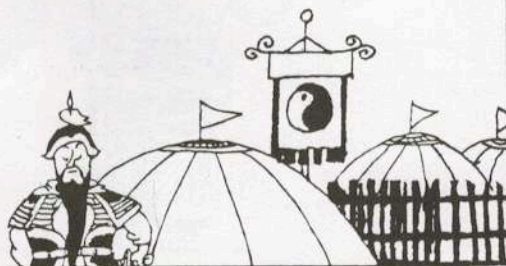
4. If yang qi is too strong to be controlled, yin qi will be drained and lose its force.

阳气过于亢盛,不能固密,那么,阴气就要亏耗而衰竭。



5. When yin qi is in a calm and harmonious state and yang qi is in a firm state, the spirit is in the proper state.

阴气平和,阳气固密,精神才能正常。



6. When yin and yang are separated, the vital qi will be drained as well.

如果阴阳分离而决裂,则精气也就随之而竭绝了。

Spleen qi, a term of traditional Chinese medicine, is one of the five internal organs. According to the theory of visceral outward manifestation and channels and collaterals, the functions of the spleen qi are: (1) The spleen can transport food and liquids; (2) it functions to manipulate blood; (3) it controls muscles and limbs; (4) the spleen qi is linked to the mouth.

脾气:中医学名词。五藏之一,根据藏象、经络学说,脾的功能是(1)脾主运化,指脾有运化水谷输布精微与运行水液的功能。(2)脾统血:指脾有统摄血液的作用。(3)脾主肌肉、四肢。(4)脾气通于口:指脾与口有内在联系。



1. Essence comes from food and the five flavors. The five internal organs, where essence is stored, can be hurt by excessively taking any one of the five food flavors. 阴精的产生,是来源于饮食五味。但是藏精的五脏,却又可因饮食五味的太过而受伤。

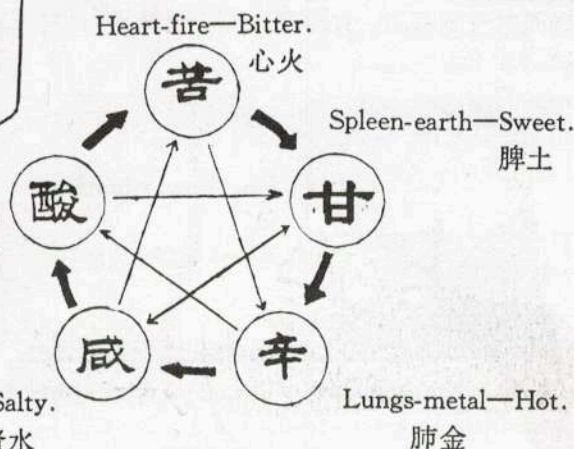


Liver-wood—Sour.
肝木

Kidney-water—Salty.
肾水

The corresponding relations between the five flavors are:

五味生克图



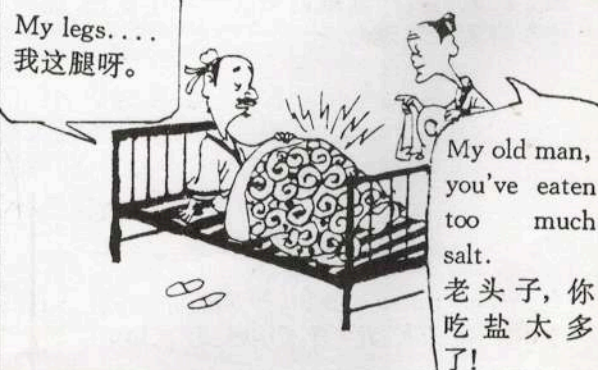
2. When you eat too much sour food, the liver qi will be so strong that the spleen qi will be drained.

所以多吃酸的东西,则肝气太盛,脾气就要衰竭。



3. When you eat too much salty food, your large bones will be hurt. You will suffer from muscular atrophy and the heart qi will be suppressed.

过于吃咸味的东西,则大骨就要受伤,肌肉萎缩,心气抑郁。



4. When you eat too much sweet food, your heart qi will be restless, your complexion will be dark and your kidney qi will not be in balance. 过食甜味的东西, 则心气烦闷不安, 面色黑, 肾气不能平衡。

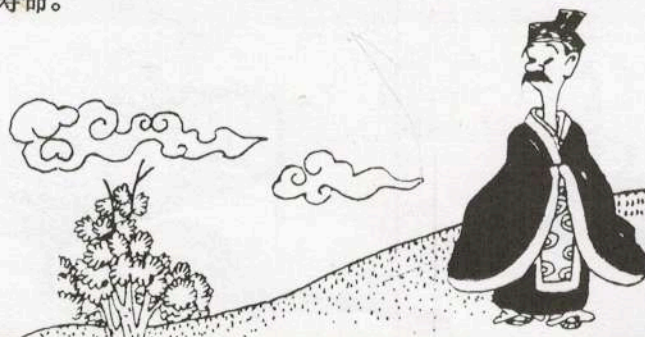


6. When you eat too much hot food, your tendons and pulse are hurt and you become flabby. The spirits will be harmed as well. 过食辛味的东西, 则筋脉败坏而松弛, 精神也同时受到损害。



7. So when you have a balanced diet, your bones will be erect, tendons and pulse will be soft, qi and blood will circulate properly, and the space between skin and muscles will be firmly guarded. In this way, your bone qi will be strong. If people strictly adhere to this method of preserving life, they will enjoy the life accorded to them by Heaven.

因此, 注意饮食五味的调和, 使骨骼正直, 筋脉柔和, 气血流通, 腠理固密, 这样便骨气刚强了。人们要严谨地遵循这个养生法则, 必能享有天赋的寿命。

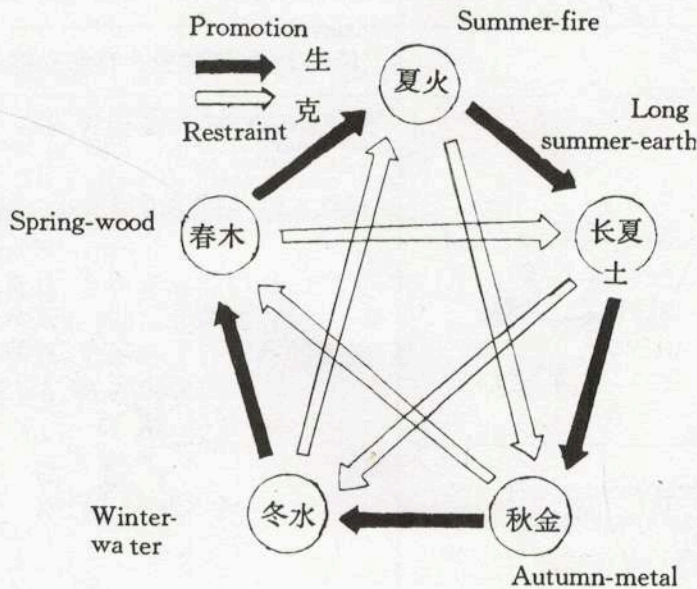


5. When you eat too much bitter food, your spleen qi will not be nourished and you will suffer from indigestion and stomach distention.

过食苦味的东西, 则脾气不得濡润, 消化不良, 胃部就要胀满。

Ancient Chinese simplified the complex relations between natural phenomenon to "promotion and restraint" and used the five elements (metal, wood, water, fire and earth) to expound that relationship.

古人将复杂繁多的关系归纳为“生和克”，又以金、木、水、火、土为“五行”，使其更准确更形象地反映生与被生，克与被克的相互关系。



When the promotion and restraint of the five elements are in balance, a person will be in good health. Problems in one chain of the cycle will make the person ail.

五行生克相当，身体才能健康，如果有一环出了问题，身体就会产生不适。



By matching the four seasons with the five elements, as shown above, the ancients wanted to explain the influence of the climate of the four seasons on the five internal organs.

古人以四时配五行，即春木、夏火、长夏土、秋金、冬水。这配合用来说明四时气候对五脏的影响。

Dryness, one of the six pathogenic factors, is the consumption of body fluids. Chill, one of the six pathogenic factors, belongs to evil yin and can impair yang qi. Coming from outside, chill fights with defensive qi and blocks the outward flow of yang qi. Symptoms include chills, fever, and no perspiration.

燥:①中医病因六淫之一。②机体津液耗伤产生的病理表现。即内燥。

寒:病因六淫之一。属阴邪易伤阳气。寒邪外束,与卫气相搏,阳气不得宣泄,可有恶寒、发热、无汗等症。

Ouch, I have a cramp again.
啊—又抽筋了。



1. Excessive evil wind may cause convulsions.
风邪太过,则能发生痉挛动摇。

2. Excessive heat may cause blotches and swelling.
大热太过,则能发生红肿。

Yes, it's red and swollen.
是的,又红又肿。



3. Excessive dryness may cause withering.
燥气太过,则能发生干枯。



It's not fat, it's dropsy.
不是胖,这叫浮肿。



4. Excessive chill may cause dropsy.
寒气太过,则能发生浮肿。

Terrible.
真难受。



5. Excessive dampness may cause diarrhea.
湿气太过,则能发生濡泻。

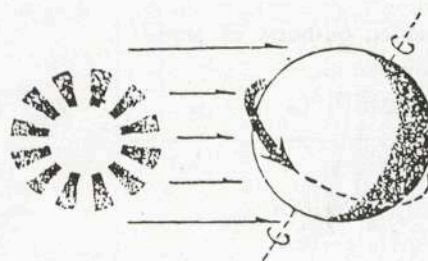


Yin qi, the opposite of yang qi, refers to the shady side of all things.

阴气:与阳气相对,泛指事物的对立统一面的阴面。

1. The changing of the four seasons and the changes of the five elements result in climates characterized by chill, heat, dryness, damp, and wind. They affect all living things in nature, causing them to be born, grow, flower, wither, and hibernate.

大自然的变化,有春夏秋冬四时的交替,有木火土金水五行的变化,因此,产生了寒暑燥湿风的气候,它影响了自然界的万物,形成了生、长、化、收、藏的规律。



The rotation of the earth, day and night.
地球的自转和昼夜



2. Every person has a liver, heart, spleen, lungs and kidneys, known as the five internal organs. The emotions of joy, anger, sorrow, anxiety, and fear come from the qi of the five internal organs.

人有肝、心、脾、肺、肾五脏,五脏之气化生五志,产生了喜、怒、悲、忧、恐五种不同的情志活动。

3. Everyone should pay attention.

每个人都要引起重视。





1. A sudden outburst of anger will impair yin qi.
突然发怒会伤阴气。

Ha, ha, you
deserve
death from
anger.
哈哈，气死
你。

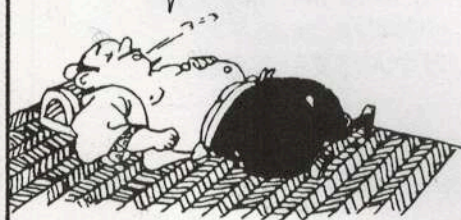


2. A sudden outburst of laughter will impair yang qi.
忽然大喜，会损伤阳气。



I am dying.
我不行了。

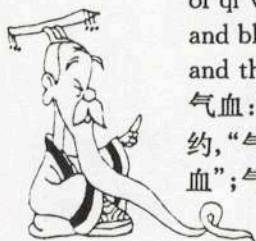
Don't feel discouraged,
old man. You'll get
well.
别灰心，老头子，会好
起来的。



3. So if joy and anger are not restrained, if you don't adapt yourself to the cold and heat, your life will not be strong.
所以喜怒不加以节制，寒暑不善于调适，生命就不能牢固。



4. Yin can be transformed to yang and yang can be transformed to yin.
阴极可以转化为阳，阳极可以转化为阴。

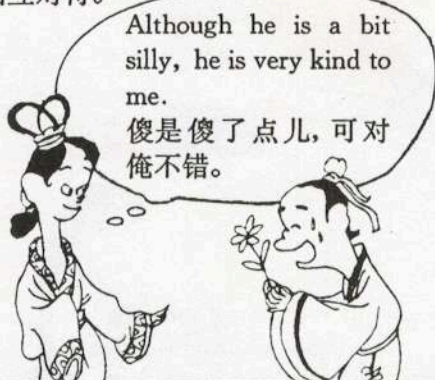


Qi and blood here refers to the functions of human body. Qi and blood are opposite, interdependent, and restrain each other. Qi is the commander of blood, blood is the mother of qi, qi in motion keeps the blood circulating, stagnation of qi will cause blood stasis, blood can produce qi, qi can command blood. Qi and blood move among the channels and collaterals to nourish internal organs and the whole body.

气血:气与血都是指人体功能活动而言,二者是相对的。二者互相依存和制约,“气为血帅”,“血为气母”;“气行血行”,“气滞血凝”;“血能生气”,“气能统血”;气血运行于经络以营养脏腑全身。

1. The heaven is above and the earth is below all things. The relationship between yin and yang is like that between blood and qi, and a man and a woman.

天地是在万物的上下;阴阳如血气和男女那样相互对待。



2. By nature, water is cold and fire is warm. They are examples of yin and yang.

水性寒,火性热,是阴阳的象征。



3. So yin and yang are correlated.
所以说,阴阳是互相作用的。

4. Yin exists within yang as its core. Yang is employed by yin.

阴在内,为阳之镇守;阳在外,为阴之役使。



Seven impairments and eight supplements; Physicians differ on its meaning. The spirit of it is that people should pay attention to the ways of preserving life according to their age. Don't indulge in sensual pleasures that will consume essence and result in early death.



七损八益：历代医家看法不一，但总的精神是要求男女根据不同的年龄注意养生之道，不要纵欲耗精，以防早衰。



1. What is the way to regulate yin and yang, asked Yellow Emperor.

黄帝问道，调摄阴阳的办法是什么呢？



3. A woman's life is measured in seven year cycles, a man's in eight year cycles.

女子以七为纪，月经宜于按时而下，所以称“损”。男子以八为纪，精气宜于充满，所以称“益”。



2. Qi Bo said, if you know the seven impairments and eight supplements you will be able to regulate yin and yang. If you don't know it, your health may fail young.

岐伯说，如果懂得了七损八益的养生之道，则人身的阴阳就可以调摄，如其不懂得这些道理，就会发生早衰现象。





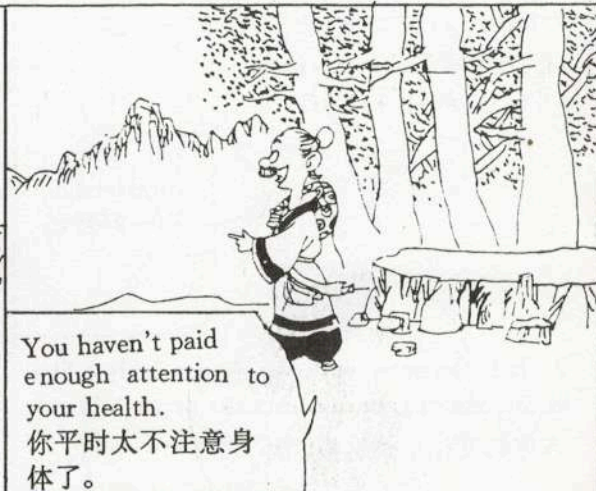
4. The spirit of the seven impairments and eight supplements is to guide the vital qi, and store blood and qi so that the vital qi is full and yin and yang are in balance.

七损八益的主要精神是导引精气，积聚血气，精气充沛，阴阳协调。



Why am I still not home?
怎么还不到家呀?

5. People who do not know how to take good care of themselves often feel deficient.
不善于调摄的人，常感不足。



You haven't paid enough attention to your health.
你平时太不注意身体了。

6. People who know how to take care of themselves feel sufficient.
而注重调摄的人，就常能有余。



Grandfather is so strong!
爷爷的身体好棒啊。

7. People who feel sufficient will have clear ears and eyes and a healthy body. Even if they are old they will be in good health.
有余则耳聪目明，身体轻健，即使已经年老，也可保持身体之强壮。



This is the best way of preserving health.
此乃养生大法。

8. So a reasonable person will not give way to foolish fancies. He has positive and pleasant interests and enjoys life very much. Such a person will live a long life.
所以明达事理的人，不胡思乱想，有乐观愉快的旨趣，常能心旷神怡，以享天年。

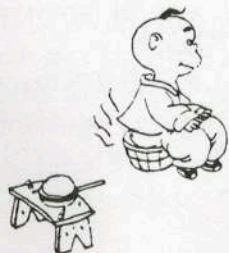
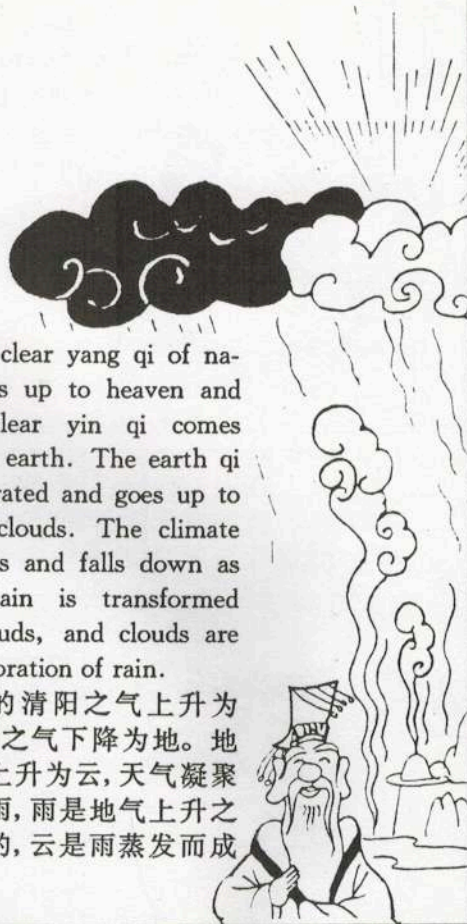
Couli, a term of traditional Chinese medicine, refers to coldness of four limbs. There are cold faint and hot faint. 腠理: 中医学名词。亦称“厥冷”、“逆冷”。指四肢逆冷, 有寒厥和热厥之分。



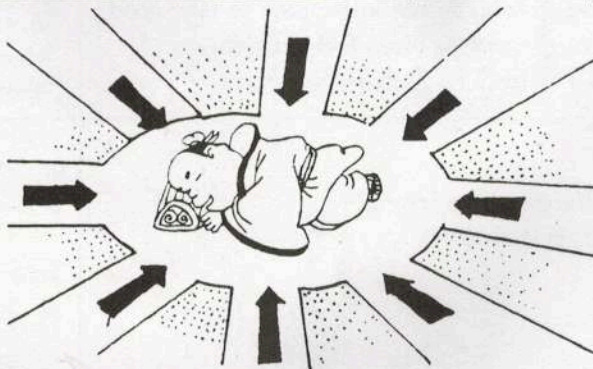
2. It is the same with the human body. The clear yang qi goes out from the upper orifice. 人体的变化也是这样, 清阳之气出于上窍。

1. The clear yang qi of nature goes up to heaven and the unclear yin qi comes down to earth. The earth qi is evaporated and goes up to become clouds. The climate condenses and falls down as rain. Rain is transformed from clouds, and clouds are the evaporation of rain.

大自然的清阳之气上升为天, 浊阴之气下降为地。地气蒸发上升为云, 天气凝聚下降为雨, 雨是地气上升之云转变的, 云是雨蒸发而成的。



3. Unclear yin qi goes out from the lower orifice. 浊阴之气出于下窍。

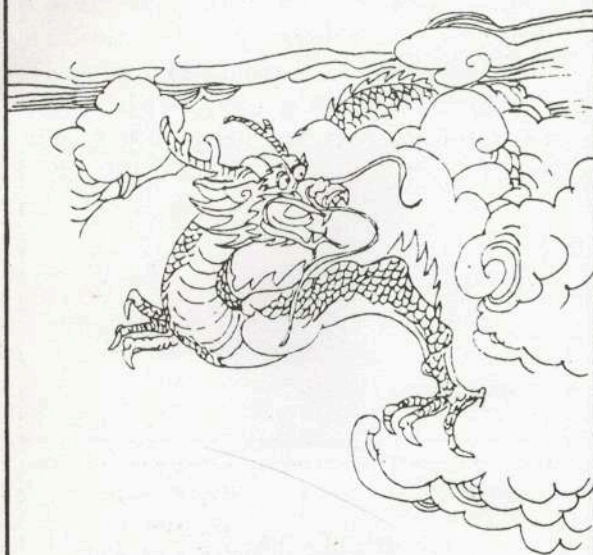


4. The clear yang qi fills the skin and muscles and the four limbs. The unclear yin qi moves among the five zang organs and the six fu organs. 清阳发泄和充实于腠理与四肢, 浊阴内注和内走于五脏和六腑。

Could you explain what you have
said in detail?
你刚才说的那些都是什么道理?

It's like this. . . .
是这样的……



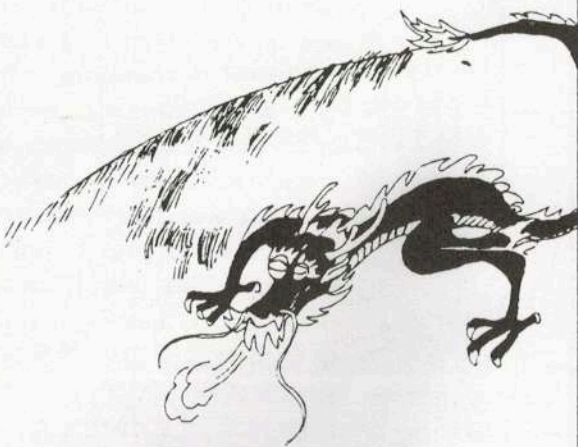


1. The east belongs to yang. Yang qi goes up, so the vital yang qi of the human body is gathered on the upper part. This makes the upper part clever and the lower part weak, hence ears and eyes are sharp and hands and feet are clumsy.

东方属阳, 阳性向上, 所以人体的精气集合于上部, 集合于上部则上部聪明而下部虚弱, 所以使耳目聪明, 而手足不顺利。

2. The west belongs to yin. Yin qi goes down, so the vital yin qi of the human body is gathered on the lower part. This makes the lower part strong and the upper part weak, hence ears and eyes are not sharp but hands and feet are agile.

西方属阴, 阴气向下, 所以人体的精气集合于下部, 集合于下部则下部强盛而上部虚弱, 所以耳目不聪明而手足反顺利。



3. When the upper part of the body is infected by pathogenic wind, the right part is more seriously affected. When the lower part of the body is



Ai-Ya! I have been infected by pathogenic wind.
哎呀! 受风了。

infected by pathogenic wind, the left side is more seriously affected.

在上部感受了风邪, 右侧的就较重, 在下部感受了外邪, 左侧的就较重。

4. This is because the yin and yang existing between the earth and heaven are not omnipotent.

Neither are the yin and yang of the human body. So the evil qi will enter through the weak points.

这是天地阴阳之所不能全, 而人身也有阴阳左右之不足, 所以邪气就能乘虚而居留了。



The yin within yin: Things characteristic of yin are in yin position

The yang within yin: Things characteristic of yang are in yin position

The yin within yang: In the theory of yin and yang, this is the yin side when something characteristic of yang is further divided into yin and yang.

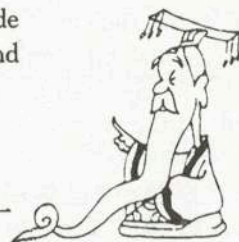
The yang within yin: In the theory of yin and yang, this is the yang side when something characteristic of yin is further divided into yin and yang.

阴中之阴:指属于阴性的事物,又居于阴位之意。

阴中之阳:指属于阳性的事物,居于阴位之意。

阳中之阴:阴阳学说内容之一。即阳性事物再分为阴阳时属阴的一面。

阳中之阳:阴阳学说内容之一。即阳性事物再分为阴阳时居阳的一面。



1. In terms of flavor, things with a rich flavor are purely yin and those with a thin flavor are yang within yin. Those with a rich smell are purely yang, and those with a light smell are yin within yang.

以味的薄厚而言:味厚的属纯阴,味薄的属阴中之阳;气厚的属纯阳,气薄的属于阳中之阴。



3. Thin flavour can dredge collateral channels. Normal yang qi will give power to vital qi.

气味薄的,能使经络疏通;正常的阳气,能使正气壮盛。



Where is the lavatory?
厕所在哪里呀?!

2. Excessive flavor can cause diarrhea. Excessive yang heat can drain vital qi.

味过于厚,就会发生泄泻。阳火太过,能使正气衰竭。

Excessively powerful yang qi will harm vital qi which depends on normal yang qi. Excessively powerful yang qi will harm vital qi, and normal yang qi will enhance vital qi.

因为过度亢奋的阳气,会损害元气,元气却依赖正常的阳气,所以过度亢盛的阳气,能耗散元气,正常的阳气,能增强元气。

4. Things sudorific and hot and sweet in flavor are yang by nature. Things that can discharge and taste sour and bitter are yin by nature.

凡气味辛甘而有发散功用的,属于阳。气味酸苦而有通泄功用的,属于阴。



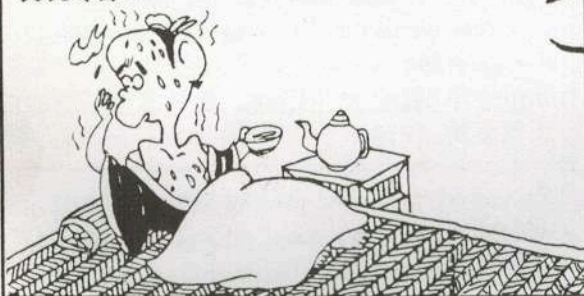
Heat diseases: This term of traditional Chinese medicine refers to symptoms of a hot nature after the human body is infected by a warm pathogen, heat, or pathogenic cold. Symptoms include body heat, perspiration, red face, restlessness, thirst, desire for cold drinks, constipation, diarrhea, red urine, red tongue with yellow coating, and a full, uneven, and rapid pulse.

热性病症: 中医学名词。主要指人体感受温邪, 暑气或寒邪化热而引起的热性症候。如身热汗多, 面赤烦燥, 口渴喜冷饮, 便秘或泄泻热臭, 小便短赤舌红苔黄及脉洪、大滑、数等。



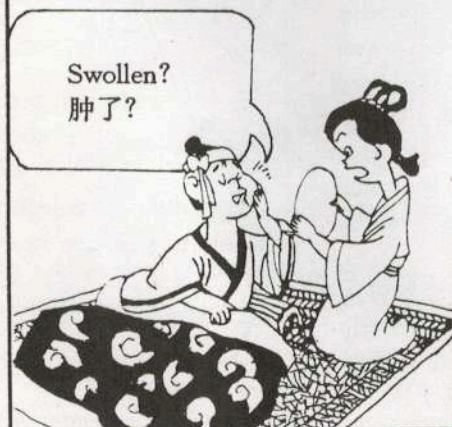
2. If yang is excessive, people will suffer from diseases of a hot nature. When the heat reaches an extreme point, cold symptoms occur.

阳偏胜则表现为热性病症, 热到极点, 会表现寒象。



4. Cold can impair the human body and result in edema.

寒能伤形体, 形体受伤, 可发生肿胀。



Yin



Yang



1. The yin and yang in the human body is balanced. If yin qi is excessive, yang qi will be insufficient. If yang qi is excessive, yin qi will be insufficient.

人体的阴阳是相对平衡的。如果阴气发生了偏胜, 则阳气必亏损, 阳气发生了偏胜, 则阴气必亏损。



3. If yin is excessive, people will suffer from diseases of a cold nature. When the cold reaches an extreme point, hot symptoms occur.

阴偏胜则表现为寒性病症, 寒到极点, 又可转向热象。

5. Heat can impair qi and cause pain.

热能伤气分, 气分受伤, 可以产生疼痛。



If pain is followed by edema, it indicates that qi is impaired before the body. If edema is followed by pain, it indicates that the body is impaired before qi.

所以先痛而后肿的, 是气分先伤而后及于形体, 先肿而后痛的, 是形体先病而后及于气分。

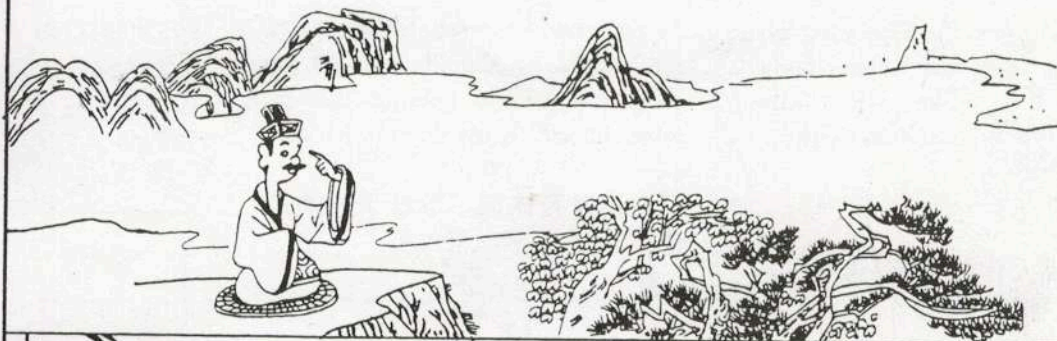
Cold diseases: a term in traditional Chinese medicine referring to cold symptoms after the human body is infected by pathogenic cold or when vital qi is diminished. The symptoms include pale face, aversion to cold, cold limbs, thirst for hot drinks, foamy saliva, stomachache, desire for warm massage, diarrhea, lengthy urine, and white coating on the tongue. If you are hit by a cold pathogen, your pulse will be slow and tense. If this is because of deficient yang qi, your pulse will be deep.



寒性病症: 中医学名词。指人体受寒邪侵袭或因阳气不足而引起的寒性症候。如面色苍白、畏寒肢冷, 口不渴或渴喜热饮、痰多白沫, 腹痛喜温按, 大便溏泄, 小便清长, 舌苔白润等。寒邪侵袭者多见迟脉或紧脉, 阳气不足者则脉多沉微。

1. The heavenly qi is not sufficient in the northwest which is yin. A person's right ear and eye are not as sharp as his left ear and eye. There are mountain ranges in the northwest and it is rather cold. This is yin without sufficient heavenly qi.

天气是不足于西北方的, 所以西北方属阴, 而人的右耳目也不及左边的聪明。西北方多崇山峻岭, 天气较冷, 所以属阴, 属天气不足。



2. The southeast is thought to be yang and the climate is rather hot. Since it faces the sea, there is a saying that "land does not fill up the southeast." There is insufficient earthly qi in the southeast, so it is yang. A person's left hand and foot is not as strong as his right hand and foot.

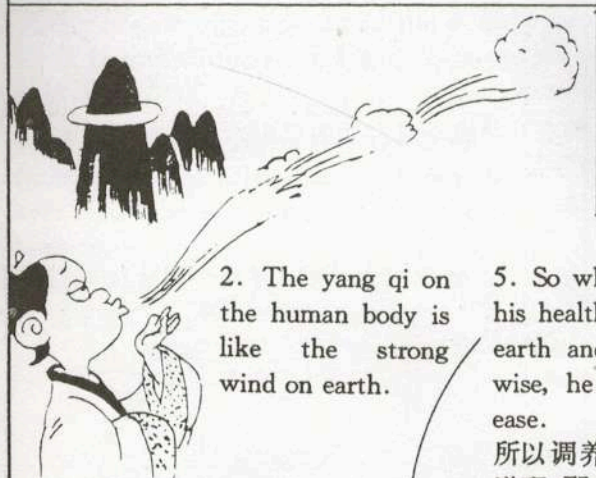
东南方属阳, 所以天气较热; 面临大海, 所以有“地不满东南”之说。地气是不足于东南方的, 所以东南方属阳, 而人的左手足也不及右边的为强。





1. If we compare yin and yang to the earth and heaven, then the perspiration caused by yang qi is like the rain falling from heaven.

如以天地来比类人体的阴阳,则阳气发泄的汗,像天的下雨。



2. The yang qi on the human body is like the strong wind on earth.

人体的阳气,像天地的疾风。

5. So when a person takes care of his health, he should do it as the earth and heaven operate. Otherwise, he will come down with disease.

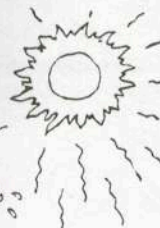
所以调养身体而不取法于天地的道理,那么疾病就要发生了。

3. The rage of a person is similar to thunder.

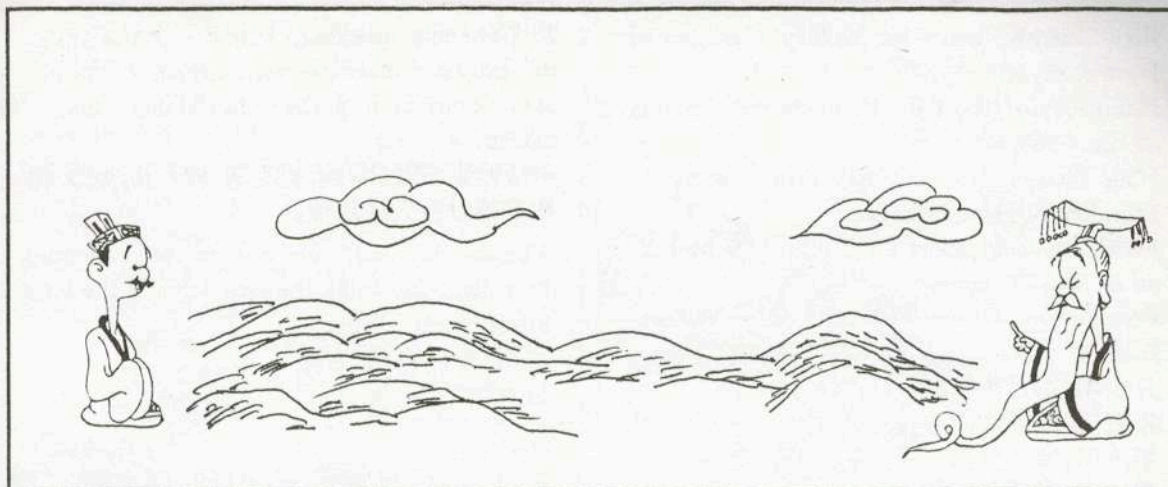
人的暴怒之气,像天有雷霆。



Ha, ha, I am an immortal now.
哈哈,我成仙了!

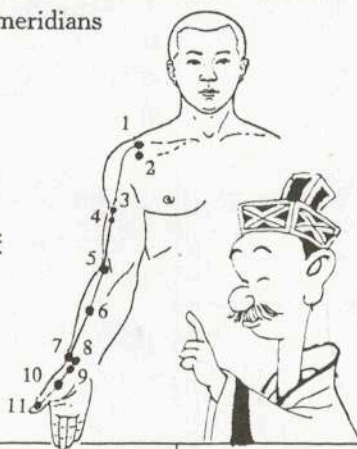


4. The reverse qi is like the hot sun.
逆上之气,像阳热的火。



1. Four Meridians: spring corresponds to the liver and the gall bladder; summer corresponds to the heart and the small intestine; autumn corresponds to the lung and the large intestine; winter corresponds to the kidney and the urinary bladder. The third, sixth, ninth, and twelfth lunar months correspond to the four meridians and the spleen and the stomach.

四经:春应肝胆,夏应心与小肠,
 秋应肺与大肠,冬应肾与膀胱,
 而辰戌丑未之月,则合四经而兼
 之脾与胃也。



2. If the pulse of the stomach belongs to yang, this will tell you what to eat and not eat in the different seasons.

辨别属阳的胃脉,能知道时令气候和疾病的宜忌。



As a winter food, mutton belongs to yang. If you eat it in summer, you will suffer from excessive internal heat.
 羊肉属阳,是冬令食品,夏天吃了会上火。

3. If the critical pulse condition belongs to yin, your time of death can be predicted.

辨别属阴的真脏脉,就能知道病人的生死时期。



Only by knowing if your pulse is yin or yang can disease be cured.

了解了阴阳之脉,就不致疑惑不决而众说纷纭了。

Foot-Shaoyin: short for Kidney Meridian of Foot-Shaoyin.

Hand-Jueyin: short for Pericardium Meridian of Hand-Jueyin.

Hand-Shaoyang: short for Triple Energizer Meridian of Hand-Shaoyang.

Foot-Shaoyang: short for Gallbladder Meridian of Foot-Shaoyang.

Foot-Jueyin: short for Liver Meridian of Foot-Jueyin.

足少阴:即足少阴肾经。

手厥阴:即手厥阴心包经的简称。

手少阳:即手少阳三焦经的简称。

足少阳:即足少阴胆经。

足厥阴:即足厥阴肝经。

1. Generally speaking, diseases of the stomach and large intestine often influence psychology. Sometimes, patients feel embarrassed to talk their illness.

一般地说,胃肠有病,则可影响心脾,病人往往有难以告人的隐情。

The second yang, referring to the Yangming Meridian, including the stomach and the large intestine meridians.

二阳:即阳明经,为胃与大肠二经。

How can I speak out?
如何启齿?



2. If the patient is a woman, she will have irregular menstruation.

如果是女子就会月经不调,甚至闭经。



Why no menstruation?
怎么不来了?

3. After the disease progresses, weight loss and even emaciation may occur.

若病久转变,或者形体逐渐消瘦,成为“风消”。

Emaciation:
the exhaustion of fluid due to heat wind.
风消:因热生风而津液消竭之症。



4. If a patient is short of breath, called *xiben*, then it is difficult for him to be cured.

或者呼吸短促,气息上逆,成为“息贲”,就难以治疗了。

My father!
What a pity!
爸爸好可怜呀!



Xiben: means shortness of breath caused by intense heat.

“息贲”:火乘肺金而喘息上奔之意。

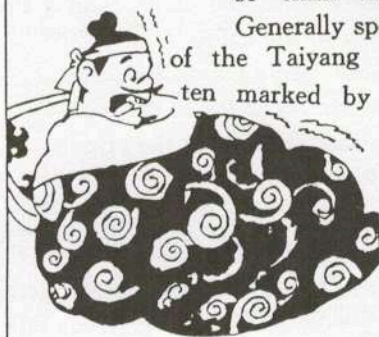


Diseases of the Taiyang Meridian: one of the syndromes of the six meridians, same as the exterior syndrome. Pathogenic cold wind attacks the surface of the body, usually seen in the initial stage of affection affliction, marked

by chills and fever, pain in the head and neck, white coating on the tongue, and irregular pulse.

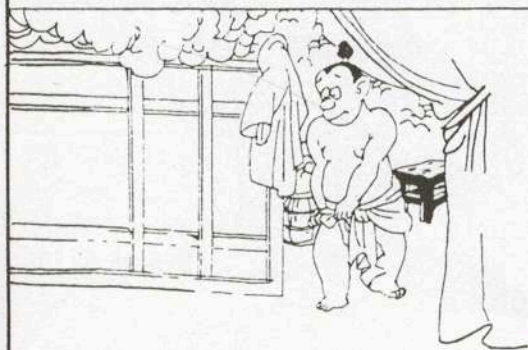
太阳经病: 六经病症之一。与表症的概念相同, 风寒邪气初袭体表, 正气开始抵抗的阶段, 主要表现为恶寒, 发热、头项强痛、苔薄白、脉浮。

1. The third Yang: the sun, referring to the small intestine and urinary bladder meridians. The sun governs the surface of the body, so chills and fever occur.



Generally speaking, diseases of the Taiyang Meridian are often marked by chills and fever.

三阳: 即太阳, 指小肠与膀胱二经。太阳主表, 故发寒热。一般地说: 太阳经发病, 多有寒热的症状。



2. Or carbuncle appear.
或者下部发生痈肿。

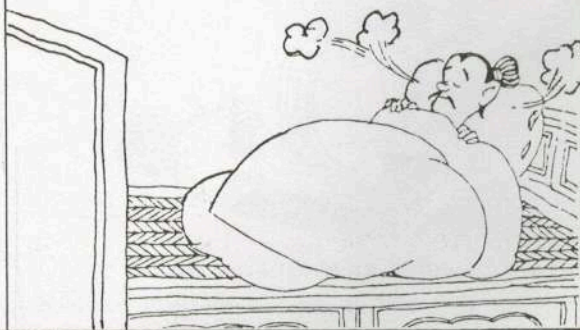


3. Or the patient feels weak and cold.
或者两足痿弱无力而逆冷。

4. As the disease progresses, the skin becomes dry.
若病久转化, 或为皮肤干燥而不润泽。



5. Or a hernia sets in.
或变为颓疝。



Diseases of the Shaoyang Meridian; one of the syndromes of the six meridians, refers to diseases of Shaoyang arising from pathogenic heat, marked by alternate fever and chills, and a full and choking feeling in the chest.

The evil heat hasn't gotten into the interior. Minor decoction of the root of Chinese thorowax is the the principal treatment.

少阳经病:六经辩证术语。指少阳病由热郁而产生的胸胁苦满,往来寒热,心烦,胁痛等症。热邪尚未入于里。小柴胡汤主治。

1. The first Yang: Shaoyang, refers to the triple energizer and the gallbladder meridians.

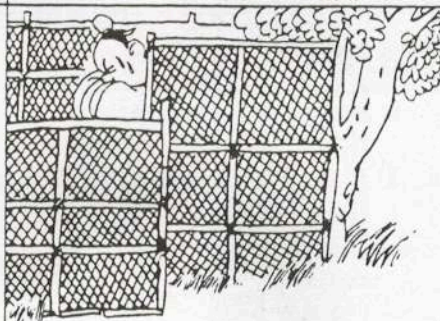
Generally speaking, diseases of the Shaoyang Meridian lead to the decrease of qi for growing hair.

一阳:即少阳,指三焦与胆二经。一般地说:少阳经发病,生发之气减少。



2. Or fits of coughing.

或易患咳嗽。



3. Or diarrhea.

或而患泄泻。

4. After progress of the disease, pain due to deficiency syndromes of the heart can occur.

若病久转变,或为心虚掣痛。



5. Or the patient can't swallow food and hiccups.

或为饮食不下,隔塞不通。



Yangming: one of meridians, includes the Large Intestine Meridian of Hand Yangming and the Stomach Meridian of Foot Yangming. Yangming is the last stage of ascending Yang qi, a combination of Shaoyang and Taiyang. Jueyin: one of meridians. Jueyin is the last stage of yin qi. From Taiyin to Shaoyin, ending in Jueyin, a combination of two yins.



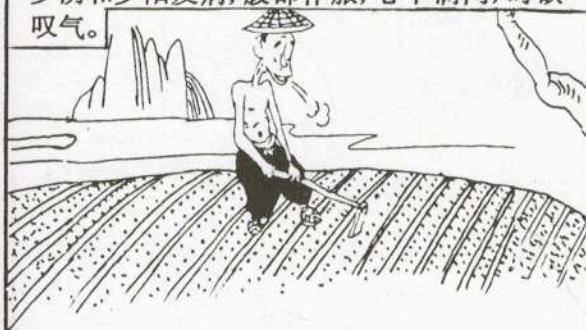
阳明: 经脉名称之一, 包括手阳明大肠经, 足阳明胃经。阳明是阳气升发的最后阶段, 有少阳和太阳两阳相合而明的含义。厥阴: 经脉名称之一。厥阴是阴气发展的最后阶段, 由太阴而少阴, 终于厥阴, 有“两阴交尽”之含义。

My God! How my stomach swells!
唉! 真胀得难受。



2. The second yin: Shaoyin, refers to the heart and kidney meridians.
二阴: 即少阴, 指心与肾二经。

When Shaoyin and Shaoyang are attacked, the patient feels abdominal detention, fullness of the upper abdomen, and is always sighing. 少阴和少阳发病, 腹部作胀, 心下满闷, 时欲叹气。



4. Or the patient feels weak.
或者变易常用而痿弱无力。

1. The first yin: Jueyin, refers to the liver and pericardium meridians.

一阴: 即厥阴, 指肝与心包二经。

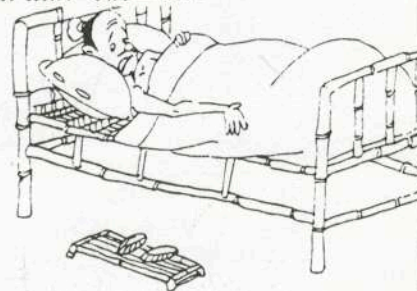


When Yangming and Jueyin are attacked, the main symptoms are fright, back pain, hiccup and yawning. This is called Fengjue.

阳明与厥阴发病, 主病惊骇, 背痛, 常常噎气、呵欠, 名曰风厥。

3. The third yin: Taiyin, refers to the lung and spleen meridians.

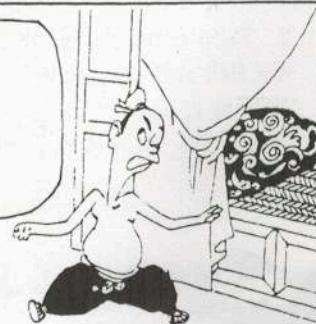
三阴: 即太阴, 指肺与脾二经。



While Taiyang and Taiyin are attacked, partial paralysis strikes the patient.

太阳与太阴发病, 则为半身不遂的偏枯症。

I can't move my arms and legs...
胳膊都抬不起来了……



5. Or the patient can't move his limbs.
或者四肢不能举动。

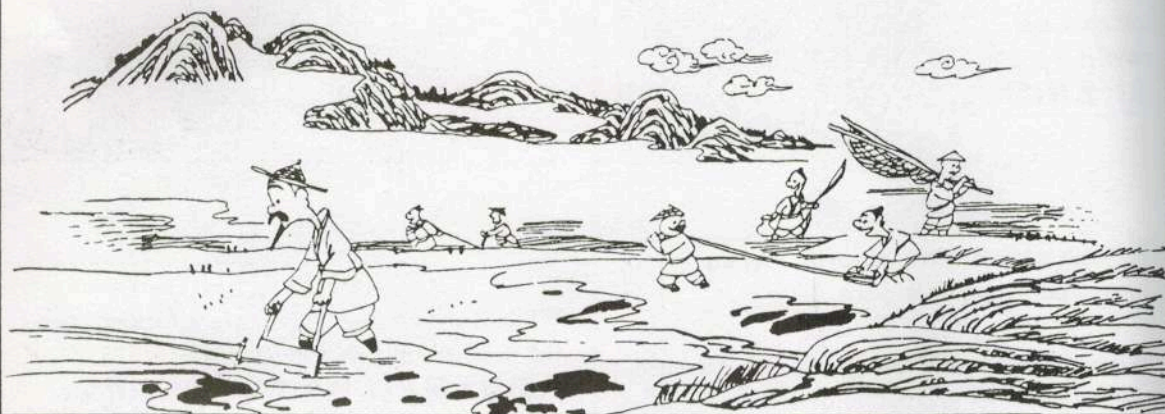
The Stone: also known as the stone needle or wedge-shaped stone, is one of the oldest medical instruments in China, used in acupuncture and discharge pus and bloodletting.

砭石: 又称砭石针, 一种楔形石块。是我国最古老的医疗器具之一。用于针刺治疗和排脓、放血。



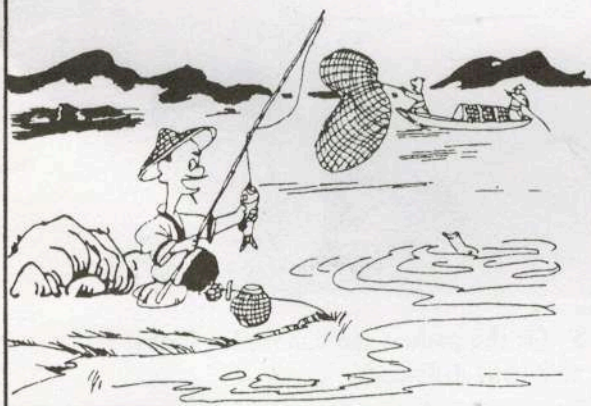
1. Receiving qi from heaven and earth, with a warm climate to grow, the East produces fish and salt.

东方得天地始生之气, 气候温和, 是出产鱼和盐的地方。



2. People living near the seashore like eating fish and favor salt.

由于地处海滨而接近于水, 该地的人们, 多吃鱼类, 而喜欢咸味。



3. They feel happy.

对此他们很安乐。

What nice fish!
多好吃的鱼呀!

Delicious.
味道太美了。



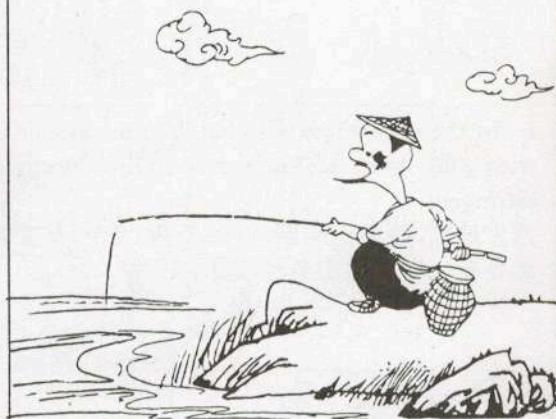
4. But eating too much fish makes people burn inside.

但由于多吃鱼类, 鱼性属火, 会使人热积于中。



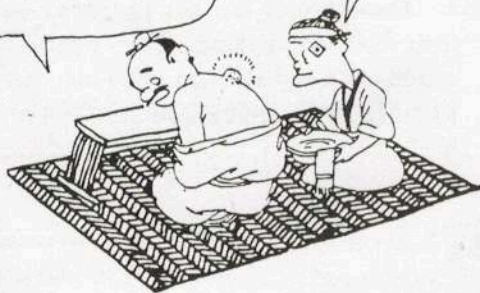
5. Because eating too much salt can consume blood, people living by the sea have an almost black color and loose skin texture.

过多地吃盐, 因为咸能走血, 又会耗伤血液, 所以该地的人们, 大都皮肤色黑, 肌理疏松。



Too painful
真疼啊。

Same as me last time.
和我上次的一样。



6. The diseases of this place mostly are exterior diseases like large carbuncle. It is good to use stone needle.

该地方的疾病, 多发痈疡之类的外科疾病, 对这类病的治疗, 大都宜用砭石刺法。

7. So the way of stone needle came from East.

因此, 砭石的治病方法, 也是从东方传来的。



Internal diseases: Opposite to the diseases caused by external pathogenic factors, these diseases are caused by improper diet, overtired and excessive intercourse.



内伤:与外感相对而言。为病因分类,指七情不节及饮食、劳倦、房事过度等而致的内损脏腑之气的病症。

1. In the west there are abundant mountains and wilderness and a great desert, abounding with gold, jade, and sand stone. Like autumn weather, its natural environment acts as an astringent.

西方地区,是多山旷野,沙漠千里,盛产金玉而又多沙石,它的自然环境,像秋令之气,自然界有一种收敛引急的现象。

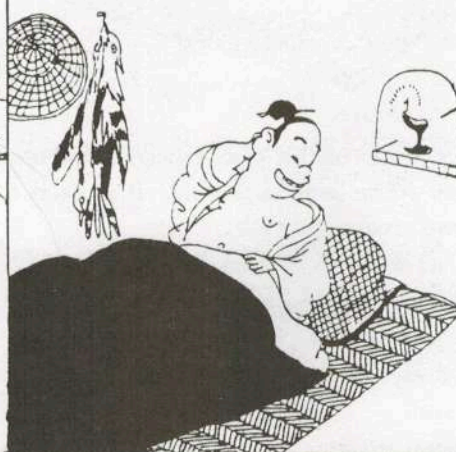


2. People there live along the mountains in simple houses. The wind often blows and the water and earth there are hard.

该地的人们,依山陵而住,宅简多风,水土的性质,又属刚强。

3. These people are not fastidious about their food and clothing. They wear coarse cotton cloth and sleep on grass mats.

而他们的生活,不甚讲究衣服,穿毛布,睡草席。



4. But they eat fresh custard and meat.
但饮食却都是鲜美酥酪骨肉之类。

The bear you
caught today is so
fat.
今天捉到的这头大
熊真肥。

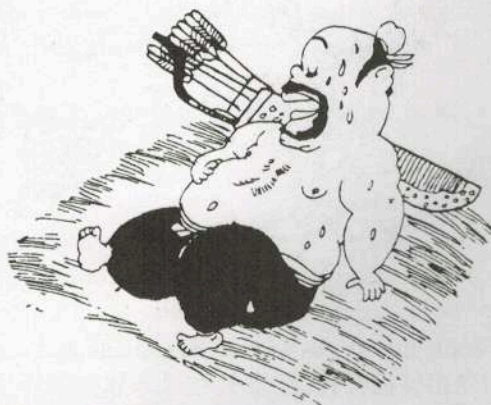
Your arrow is quite
accurate.
你那一箭射得够
准。

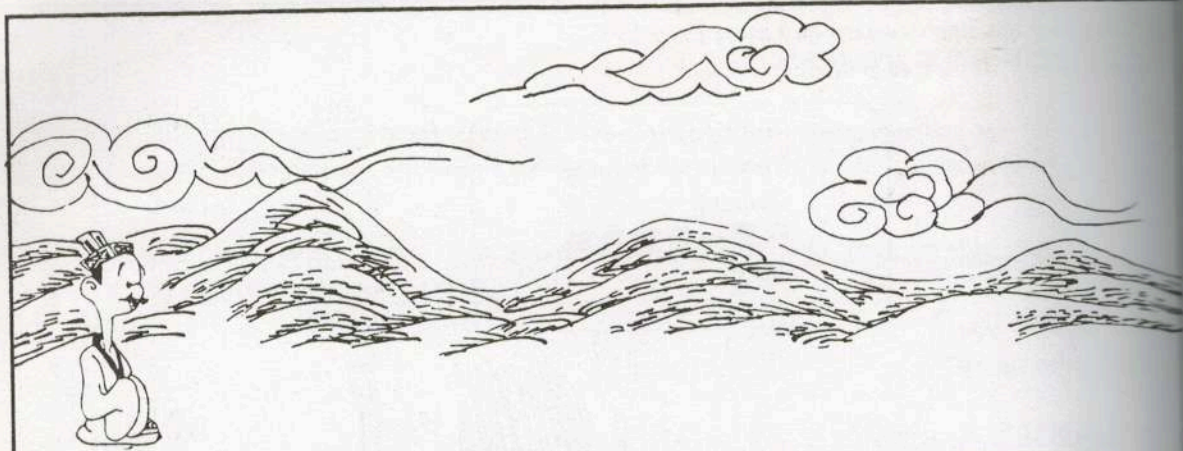


For these diseases it is good to
use medicine, and these
medicines came ^{from} the West.
对这些病的治疗,宜用药物,所
以药物疗法,也是从西方传来的。

5. Because they have fatty bodies external dis-
eases can't easily invade them. They often suffer
from internal diseases.

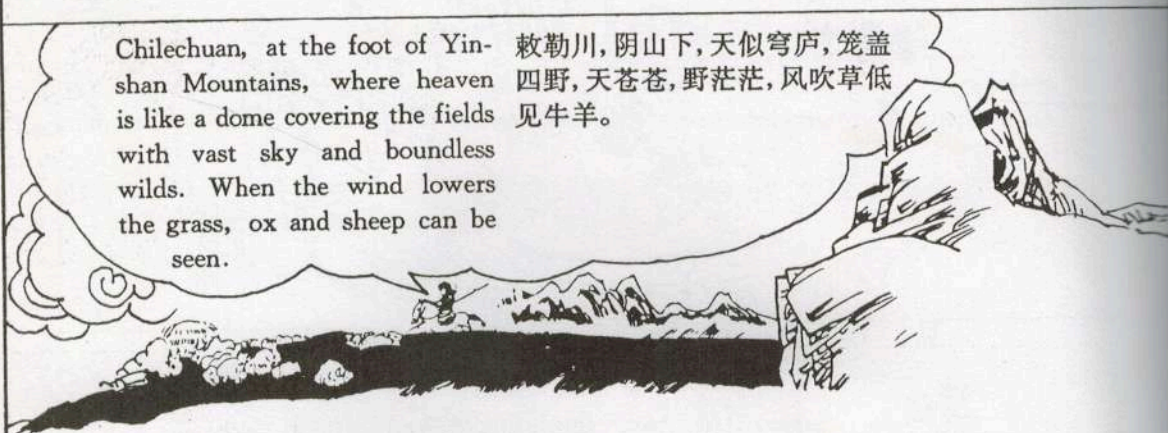
因此体肥,外邪一般不容易侵犯他们的形体,而
他们发病,大都属于内伤。





Chilechuan, at the foot of Yin-shan Mountains, where heaven is like a dome covering the fields with vast sky and boundless wilds. When the wind lowers the grass, ox and sheep can be seen.

敕勒川，阴山下，天似穹庐，笼盖四野，天苍苍，野茫茫，风吹草低见牛羊。



1. With a high terrain, the climate in northern areas is like winter.
北方地区自然界的气候，如冬天一样，有闭藏的气象，地势效高。



2. People live at the foot of mountains and are often in an environment of cold wind and frozen ice.
人们依山陵而居住，经常处在风寒风冽的环境中。

3. People there like the nomadic life. They live in temporary houses and drink cow and sheep milk.

该地的人们, 喜好游牧生活, 四野临时住宿, 吃的都是牛羊乳汁。



So moxibustion came from the North.

所以艾火烧的治病方法, 是从北方传来的。

Ow! My chest really hurts!

哎哟, 两肋好难受呀。



4. They often catch cold and suffer from flatulence. For these diseases, moxibustion is suitable.

因此他们的内脏易受寒, 生胀满的疾病, 对这些病的治疗, 宜用艾火烧灼。

Nine needles: nine kinds of needles were used for acupuncture in ancient times, including surgical and massage instruments.

九针:古代九种不同形状和功用的治疗用针,包括外科和按摩用具。



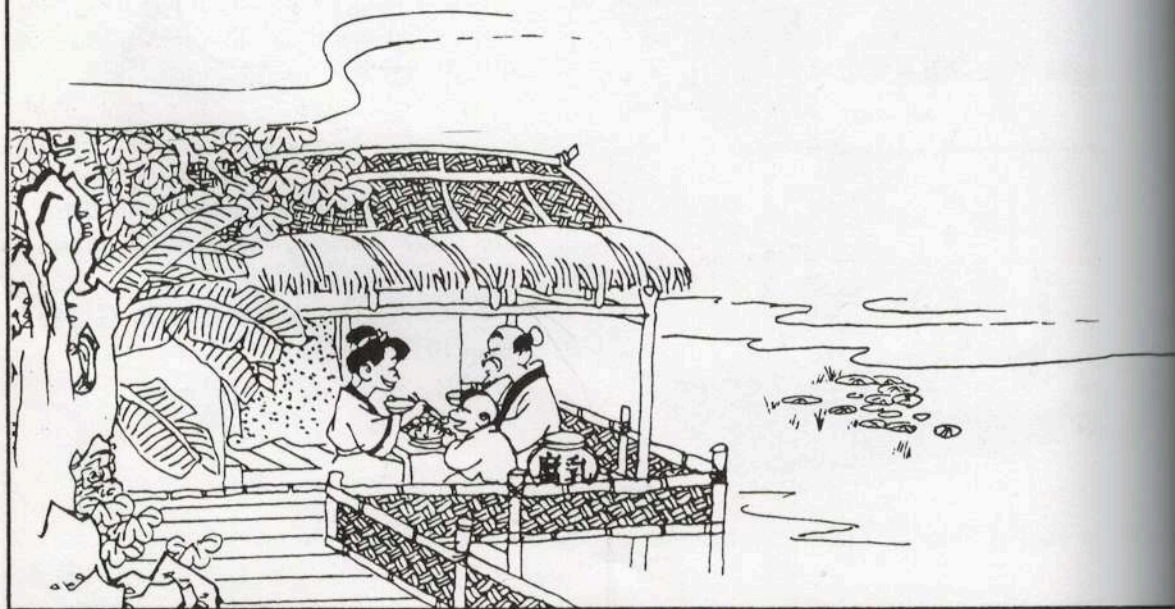
1. Yang qi flourishes in southern areas because of its summer-like climate, low terrain, fog and dew.

南方地区,自然界多长养气候,是阳气最盛的地方,地势低下,水土薄弱,因此雾露经常聚集。



2. People there like to eat sour and fermented food.

该地的人们,喜欢吃酸类和腐熟的食品。



3. Their skin is bright and red. The diseases these people often catch are numbness, stiffness and cramps.

他们的皮肤致密而带红色，这里发生的疾病，以筋脉拘急、麻木不仁等为多。



4. Oh, dear! I have a cramp in my leg again.
又抽筋了，妈呀一。



This kind of red
is suitable for me.
这种红色最适合我。

5. To cure these kinds of diseases, it
is suitable to use small needles.
这些病的治疗，宜用微针针刺。

So the nine kinds of needles (shear, round, spoon, lance, stiletto, round-sharp, filiform, long, and big needles) also came from the South.

所以九针(铍针、圆针、鍤针、锋针、铍针、圆利针、毫针、长针、大针)的治病方法，是从南方传来的。



Daoyin: this method of health protection and treatment in ancient times features breathing, physical exercise therapy, and self-massage. Generally using only the hands, but sometimes assisted with simple instruments, it is helpful for promoting the flow of qi and blood circulation, nourishing the muscles and tendons and strengthening bones, wiping out fatigue, dispelling vexation, and eliminating diseases and prolonging life.



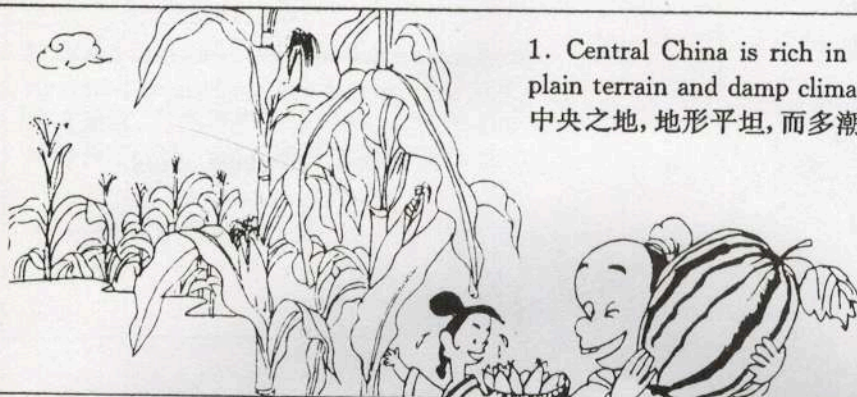
Anqiao: an ancient term for massage.

导引:古代的一种健身方法。以肢体运动、呼吸运动和自我按摩相结合为特点。古代导引,一般徒手进行,也有的辅以简单器械,以达行气活血,养筋壮骨,除劳去烦,祛病延年的目的。

按跷:按摩的古称。

1. Central China is rich in resources because of its plain terrain and damp climate.

中央之地,地形平坦,而多潮湿,物产十分丰富。



I think the fourth girl of the Wang neighbors is suitable.
我看隔壁王家的四丫头挺合适。



Our son will get married in about ten years.

再过十几年,咱们的儿子就该娶了。

2. So people live an easy life and enjoy many kinds of food.

所以人们的食物种类很多,生活比较安逸。

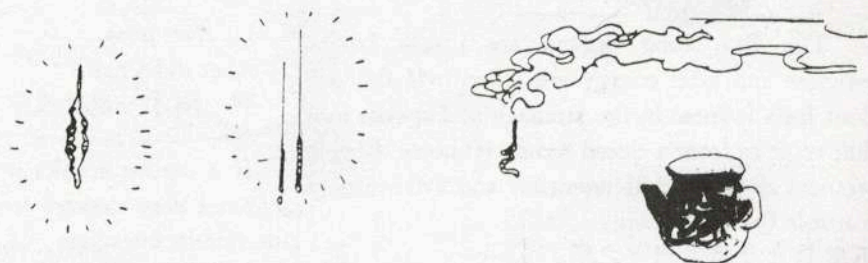
3. Diseases often occurring here include: flaccidity syndrome, cold in the extremities, and cold and fever.

这里发生的疾病多为：痿弱、厥逆、寒热。



To cure these diseases, the way of *Daoyin* and *Anqiao* are suitable. So *Daoyin* and *Anqiao* came from the Central Plains.

这些病的治疗，宜用导引按跷的方法。所以导引按跷的治法，是从中央推广出去的。



4. A good doctor can flexibly use the various methods according to different conditions of the patients. At last, the patients are cured because the doctor knows the causes of disease and is proficient in the way of *Daoyin* and *Anqiao*.

从以上情况看，一个高明的医生，能将许多治病的方法综合起来，根据具体情况，灵活运用，尽管治法各异，而结果都能使病痊愈，这是由于他掌握了病因，精通了治疗方法的原因。

Is it here?
是这儿吗？

My God! That's it.
我的妈呀！正是此处。

I'm doing massage.
导引按跷之法。





Middle energizer: one of the triple energizers, the upper part of the body cavity, mainly assists the liver and stomach to thoroughly digest water and food, release dross, steam the body fluids, and absorb nutritious substances into the blood.

中焦:三焦之一,三焦的中部,指腹腔的上部。它的主要功能是协助脾胃腐熟水谷,泌糟粕、蒸津液、化精微,是血液营养生化的来源。



1. The five Zang organs are places where essences and vital energy are stored. If the patient feels fullness in the stomach and speaks in a dull voice as from a closed room, it shows there is wetness in the middle energizer and evil wetness controls the vital energy.

五脏是人身精气藏守之所。

如果脘腹痞闷胀满,说话的声音重浊不扬,如密室里发出的声音一样,这是中焦有湿,湿邪抑遏中气的缘故。



Sister-in-law!
大嫂!

Nonsense!
This is my
mother!
胡说! 这是我妈!

3. If the patient throws his arms and legs about, tears at his clothing, and unable to recognize even his own relatives, this shows a disturbance of the mind.

如果病人扬手掷足,不知敛盖衣被,言语错乱不避亲疏的,这是心神扰乱的现象。



I...just now...
what did I say?
我...刚才...说什么来着?

2. If a person speaks in a low voice and says a sentence very slowly, it shows deficiency of qi in the middle energizer.

如果说话的声音低微,大半天才说一句话,这是中气不足的表现。

I just had loose bowels, here it comes again.
没完了,刚拉完,又来了。

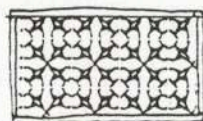


4. One sign of intestine and stomach illness is when they can't hold the food and the bowels are out of control.

如果肠胃不能藏纳水谷,大便泄利不禁的,这是脾胃失守,门户失去约束的表现。

I'm sorry. I wet the bed without intending to.

真难为情, 我不是故意的, 可是我尿床了。



Dear, where is all this water from?

亲爱的, 哪儿来的大水?

5. If a patient suffers urinary incontinence caused by kidney deficiency, it is because his bladder can't store body fluid.

如果小便不禁的, 这是肾虚失守, 以致膀胱不能贮藏津液而造成的。



Heart
心



Liver
肝

6. In a word, if the vital essence of the five internal organs (heart, liver, spleen, lungs, and kidneys) have the ability to store, there is hope for the patient; if not, the patient faces the possibility of death.

总之, 五脏精气如能藏守, 虽病犹有好转的希望。相反, 则有死亡的可能。



Spleen
脾



Kidney
肾



Lung
肺

Drugs with pungent flavor circulate qi and discharge internal heat and drugs with bitter flavor ease constipation and expel wetness.

辛开苦泄：指辛味药有发散，行气和润养的作用；苦味药有泄火，燥湿，通泄和下降的作用。



1. The diseases of the liver abate in summer. At the break of day, the patient is in a clear state of mind.



肝脏有病，愈于夏天。在天刚亮的时候神志是较为清爽的。

2. If the patient can't recover in summer, his illness will be aggravated in autumn, especially at dusk each day. He becomes quiet only after midnight. 若至夏天不愈，到秋天病情就要加重；每到傍晚的时候病情较重。到了后半夜便安静了。

I feel worse the same time every day.

这病一到了这时辰就疼得厉害。



Better. But sometimes I still feel bad.
还好，不过有时候还难受。

How do you feel?
现在感觉怎样了？



3. In winter, the patient's condition is at a stalemate. Because diseases of liver need to disperse the internal heat, it is suitable to take drugs of an pungent flavor.
至冬天病情呈相持状态。肝脏病需要散发的，宜用辛味药。

4. The next spring, the patient will feel better. He must avoid wind and take hot-flavored drugs to tone the liver and acid-flavored drugs to purge the liver of pathogenic heat.



到了第二年春天才能好转，应忌吹风。若需要补的，采用辛味药来补肝，若需要泻的，采用酸味药来泻肝。

1. Diseases of the heart abate in summer; at noon of each day, the patient is in a clear state of mind.

心脏有病, 愈于长夏; 每天中午时神志较清爽。



2. If the patient can't recover in summer, his illness will be aggravated in winter. Late each night, the patient feels worse. At daybreak, the patient may become quiet.

若至长夏不愈, 到了冬天病情就要加重。每天是在半夜时病情较严重, 到了天亮时便安静了。



An attack of your old illness again? Is it painful?
又犯病了, 很痛吗?

3. The next spring, the patient's condition is at a stalemate.

至第二年春天, 病情呈相持状态。

You feel better?
好些吗?



Just so-so.
差不多吧。



Take salty-flavored drugs to dissolve hard lumps and salty food for the heart.

心脏病需要软, 急宜用咸味的药来软坚, 需要补的, 要用咸味。

4. The patient feels better in summer, at the same time, he should avoid hot food and too much clothing. Now, sweet-flavored drugs are good for the heart.



到了夏天才能好转, 应忌吃热性食物, 衣服也不能穿得太热。需要泻的, 宜用甜味来泻心。

1. Diseases of the spleen are often gone in autumn.
After noon the patient is in a clear state of mind.
脾脏有病, 愈在秋天。每天是在午后则神志较清爽。



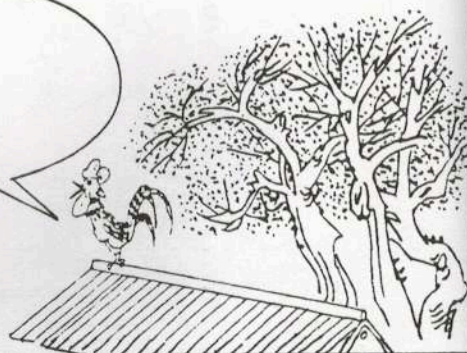
Only now I
feel better.
就这时候还好受些。



I feel pain
as the sun rises.
天一亮就开始疼。



Wo...
喔.....!



2. If the patient can't recover in autumn, his illness
will be aggravated in spring. At daybreak, the pa-
tient feels worse; at dusk, he may become quiet.
若至秋天不愈, 到了春天病情就要加重。每天到日
出时病情较重。傍晚时便安静了。

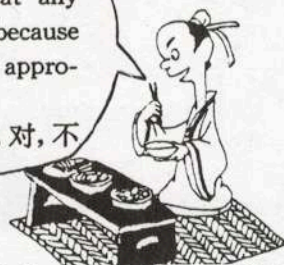
如果春季病情
没发生危险, 到
夏天会呈现相
持状态, 到了长
夏才能好转。
这个病需要缓
和的, 用甜味
药。



3. Without dan-
ger in spring,
the patient's
condition is in a
stalemate at the
start of sum-
mer. He will
feel better when
the long sum-
mer comes. He
should also take
sweet-flavored
drugs.

4. The patient should avoid hot food and
overeating and becoming damp. He should
take bitter-flavored drugs as laxative and
sweet-flavored drugs as a tonic.

I will not eat any
more, because
nearly full is appro-
priate.
饭要七分饱, 对, 不
吃了。



应禁忌热性食物、饮食过饱, 或者居湿地、穿
湿衣等等。
需要泻的, 采用苦味药来泻, 需要补的, 采用
甘味药。

1. Diseases of the lungs recover in winter. At dusk each day, the patient is in a clear state of mind.

肺脏有病的，愈于冬天。每天是在傍晚时神志较清爽。



2. If he doesn't recover in winter, the patient's condition will be aggravated in summer. At the noon each day, the patient feels worse. After noon, the patient is better.

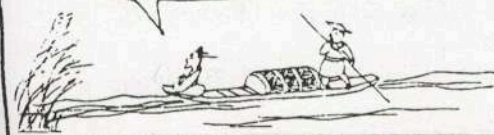
若至冬天不愈，到了夏季病情就要加剧。每天是在中午时，病症就较重，再到午后时，便安静了。



3. Without danger in summer, the patient's condition is at a stalemate during the long summer. The patient is better in fall.

若在夏季没发生危险，至长夏时呈相持状态，到了秋季才能好转。

How clear the sky and
crisp the air is in au-
tumn! I'm fine now.
真乃秋高气爽，我的
病也好了。



Sour-flavored
medicine is
now best.
这种病需要
收敛的，宜用
酸味药来收
敛。

4. The patient should avoid cold food and wearing thin clothing. Sour drugs should be taken as a tonic and hot drugs as a laxative.

应禁忌寒冷饮食及衣服穿得太少。肺病需要补的采用酸味，需要泻的，采用辛味。



1. Diseases of the kidney recover in spring. At mid-night each day, the patient is in a clear state of mind.

肾脏有病,愈于春天。每天在半夜时神志较清爽。



Hey, now he feels better.
哎,就这时候还好点。



2. If he doesn't recover in spring, the patient's condition will be aggravated in summer. From 7 a.m. to 3 p.m. each day, the illness becomes more serious. The patient will feel better at dusk.

若到春天不愈,到了长夏病症就要加重。每天是在辰戌丑未四个时辰病势加重,在傍晚时便安静了。

Not better yet?
还没好?



Even worse.
没想到,反而更严重了。

3. If the patient can safely get through the long summer, his condition will stabilize. He won't fully recover until winter. Bitter drugs meet the need of this disease.

如果长夏安全度过,到了秋天则呈相持状态。至冬季才能好转。这个病需要坚固,宜用苦味药以坚之。

It's such a cold season,
but now I'm better.
到了这样寒冷的季节,
病却得到了恢复。



4. The patient should avoid hot food and warmed clothing by fire. Bitter medicine should be taken as a tonic and salty medicine as a laxative.

应禁忌过热的饮食和用火烘过的衣服。需要补的用苦味药;需要泻的,用咸味药来泻肾。



The five cereals: rice, two kinds of millet, wheat and beans.

The five fruits: date, plum, chestnut, peach, and apricot.

The five animals: ox, sheep, pig, dog, and chicken.

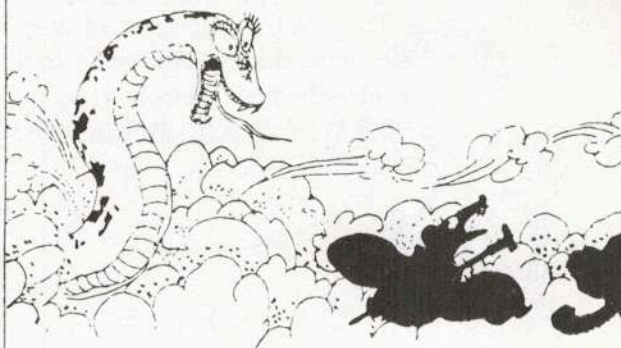
The five vegetables: cluster mallow fruit, chives, shallots onion, and wrinkled giant hyssop.

五谷:指麻、黍、稷、麦、豆

五果:指枣、李、栗、杏、桃。

五畜:指牛、羊、豕、犬、鸡。

五菜:葵、韭、薤、葱、藿、即冬葵、韭菜、蒿头、葱、藿香。



1. The poison is used to eliminate the evils.

凡毒药是用以攻邪的；

2. The five cereals are for nutrition.

五谷用以营养；

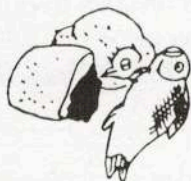


3. The five fruits are used as supplements.

五果作为辅助；



5. How rich the food is!
食品好丰富呀；



4. The five animals are used as invigortors.

五畜之肉用以补益；



You'd better eat all kinds of food.

在有条件的情况下，最好各种食物都要常吃。



6. The five vegetables aid recuperation.

五菜用以充养。

Food with harmonious aromas can restore vital energy. Each of these five flavors, hot, sour, sweet, bitter, and salty is beneficial to a certain internal organ.

气味和合而服食，可以补益精气。这五类东西，各有辛、酸、甘、苦、咸的味道，各有利于某一脏气。

1. The heart is intolerant of heat because it is easily impaired by pathogenic heat, which can consume the heart's blood.

心憎恶热;心易病热,热则阴血伤,所以心脏厌热。



2. The lungs are intolerant of cold because it is most vulnerable to attacks of cold, and cold will cause deficiency of the lungs' qi (vital energy).



肺憎恶寒;肺易病寒,寒使肺气不宣,所以肺脏厌寒。



3. The liver is intolerant of wind because the stirring endogenous wind in the liver will cause stagnation of the liver qi.

肝憎恶风;肝易生风,风甚则筋脉拘急,所以肝脏厌风。

4. The spleen is intolerant of dampness because dampness can impair the transporting and transforming function of the spleen, leading to edema and lassitude.



脾憎恶湿;脾恶病湿,湿甚则肌肉臃肿,所以脾脏厌湿。



To summarize, heat, cold, wind, dampness, and dryness are the nemeses of the five zang organs.

肾憎恶燥;肾阴易亏,燥甚则阴精涸,所以肾脏厌燥。此是五脏之所恶。

The channel of the Foot Shaoyin: one of the fifteen collaterals. It branches from the Dazhong acupoint, rounds the heel from behind the medial ankle to the urinary bladder channel of the Foot Taiyang, runs to the pericardium with its branches, and then goes through the lumbar vertebra. If this channel is affected, the flow of vital energy will be adverse, causing dysuria or lumbago.

足少阴脉: 十五络脉之一。原称足少阴之别。从大钟穴处分出, 在内踝后绕足跟走向足太阳膀胱经, 支脉和本经并行于心包, 再向外贯腰脊。本脉病变, 则气逆烦闷, 实则小便不通, 虚则腰脊疼痛。

2. The nose is the orifice of the lungs. Sniveling comes from the nose, therefore it is the fluid of lungs.

鼻为肺窍, 涕出于鼻, 所以涕为肺之液。



4. The spleen has its specific body opening in the mouth. Since saliva comes from the mouth, it is the fluid of the spleen.

口为脾窍, 涎出于口, 所以涎为脾液。

Oh! His mouth is watering.
都流口水了。



1. The five zang organs produce different secretions: The heart controls blood circulation. Since sweat is derived from blood, it is the fluid of the heart.

So hot! No breeze at all!
好热呀, 一点儿风也没有。



五脏各有化生的液体: 心主血, 汗化生于血, 所以心之液为汗。

3. Eyes are the orifices of the liver. Tears are the fluid of the liver since tears comes from the eyes reflecting the condition of the liver. 目为肝窍, 泪出于目, 所以泪为肝之液。

Ah! Today is Monday and tomorrow is Tuesday. I am so sad and time passes by so slowly!
啊一, 今天是星期一, 明天是星期二, 好不叫人伤心。



5. The channel of the Foot Shaoyin controls the tongue. Spit is produced from the tongue, therefore it is the fluid of the kidney. 足少阴脉挟舌, 唾出于舌下, 所以唾为肾之液。



These are the five body fluids produced by the five zang organs.
这叫作五脏所化生的五液。



1. Five kinds of fatigue will impair the vital energy of the five zang organs;

Long reading will impair the blood;

五种过度的疲劳,可以损伤五脏之气;久视则伤血;



Lying about will harm your health!

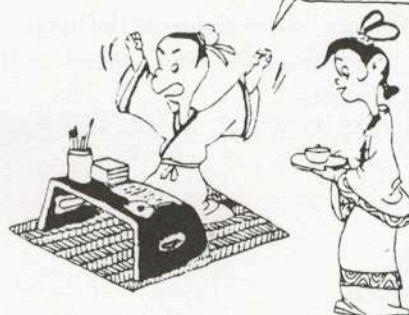
老这样躺着,对身体可不好!



2. Long lying about will impair the qi of the lungs;
久卧则伤气;

Let me be, please!
别烦我啦

It's time to have a rest.
该休息一下了。



3. Long sitting will impair the muscles.
久坐则伤肉;

I've stood here for two hours. Why hasn't anyone come to relieve me?
都站了两个时辰了,怎么还不来换岗?



4. Long standing will impair the bones.
久立则伤骨;



5. Long walking will impair the tendon.
久行则伤筋。

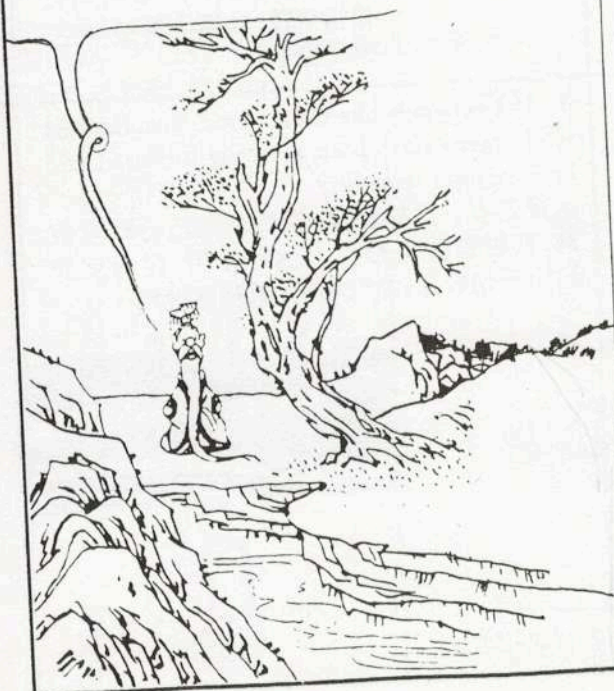


Yue means: (1) vomit; (2) hiccup;
(3) sneeze.
嘔: ①呕吐 ②呕吐而带有声音 ③喷嚏。



1. Nothing in the world is more treasured than mankind. Man depends on air and food energy to live and develop according to natural law.
天地之间,万物具备,没有一样东西比人更宝贵。人靠天地之气和水谷之精气而生存,随着四时生长收藏的规律成长。

2. People of all classes all want good health.
上至君主,下至平民,任何人都愿意保全形体的健康。





3. However, it often happens that someone doesn't know he is ill and doesn't go to see a doctor. So the disease continues to stay in the body and even spreads to the vital organs. The Yellow Emperor asks, "How can I relieve the patient's pain?"

但是往往有了病,自己都不知道,让病邪稽留,逐渐发展,乃至深入骨髓。黄帝问:我要想解除他们的痛苦,怎么办才好呢?"

5. When the string of a musical instrument is going to break, it will fizz.

琴弦将断的时候,就发出嘶嘶的声音。嘶嘶



7. When one is seriously ill, he will hiccup.

有的疾病深重的时候,就有咿的表现。



Why has your voice changed?
你的嗓音怎么变了?



4. Qi Bo answers, "It shows that the salt is secreting when water oozes from the pot where salt is stored.

岐伯答道:比如盐味是咸的,在贮藏的器具中,看到渗出水来,这就是盐气的津泄。



6. If a tree is not strong, even though its branches and leaves are luxuriant, it is actually very weak and can easily wither.

根本不固的树木,其枝叶好像很繁茂,实际上外盛中空,极易萎谢。

8. If a person is like that, it indicates that his vital organs have been mortally impaired and he is beyond remedy.

人要是有了这样现象,说明内脏已有严重破坏,药物和针灸都失去治疗作用,因为皮肤肌肉受伤败坏,血气枯竭,就很难挽回了。



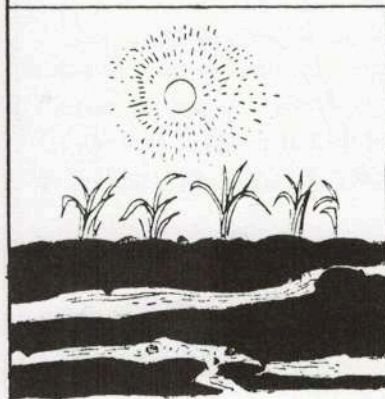
1. The Yellow Emperor asks, "It is very difficult to differentiate between deficiency and excess of the vital energy since they are changeable and interchangeable. How can I deal with them?"

黄帝问：人体虚实咭吟之间，也是变化多端的，请问运用什么方法能够提纲挈领，来加以认识和处理呢？



2. Qi Bo answers, "You can analyze them according to the law of the Five Elements. For instance, metal checks wood;
岐伯说：可根据五行变化的道理来分析。
如：木遇到金，就能折伐。

3. Water checks fire;
火受到水，就能熄灭。



4. Wood checks earth;
土被木植就能疏松。



5. Fire checks metal;
金遇到火，就能熔化。



6. Earth checks water."
水遇到土，就能遏止。

Xiaodan means: (1) to quench one's thirst; (2) the condition wherein the liver, heart, and kidney are insufficient in vital essence and there is heat in the interior, which is also called *rezhong*.

Puji (also *jipu*) means: (1) to go into a coma from a sudden and severe attack in the brain, also known as *cuzhong* or apoplexy; (2) trauma caused by *jipu*.

Weijue: The symptoms of *wei* and *jue* occur simultaneously. In this case, the patient loses the power to feel, move, or think and his limbs are cold.



消瘴: ①消渴②指肝、心、肾三经阴虚内热, 而外消肌肉的病症, 也称热中。

仆击: 即击仆。①指突然仆倒昏迷的病, 即卒中。②指击、仆产生的外伤。

痿厥: 即痿与厥的症状同时出现, 表现为既有肢体痿软无力, 失去功能, 同时又合并有四肢逆冷的现象。



1. Before diagnosing the illness as *xiaodan*, *puji* or *weijue*, the doctor must differentiate the causes as follows:

凡诊治消瘴、仆击、偏枯、痿厥、气粗急发喘逆等病:



2. If flabby noblemen suffer from this illness, it is because of too much meat and polished rice.

在肥胖权贵人患之，则是由于生活条件较好，肉食厚味所致。



3. If the patient suffers from dysphagia or difficulty in swallowing, breathing and speaking, it is because of rage or melancholia.

凡是郁结不舒，气阻上下不通，都是暴怒或忧郁所引起的病。



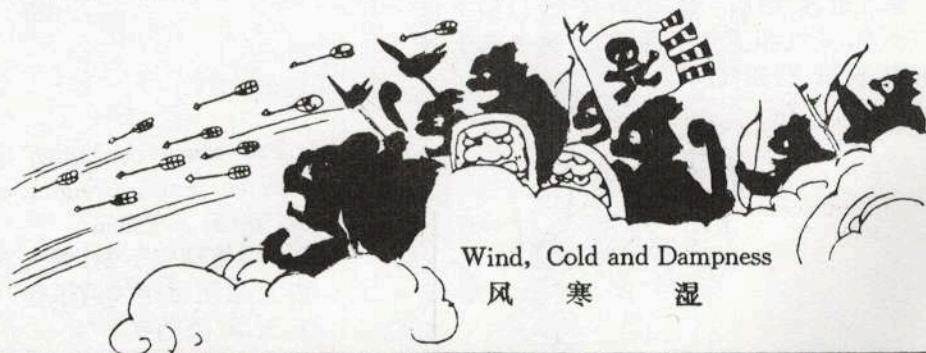
4. If someone suddenly faints, loses consciousness, becomes deaf, or is constipated, it is because of abrupt excitement.

突然厥逆，不知人事，耳聋，大便或小便不通，都是内在情志骤然激荡所致。



5. Some diseases are caused by pathogenic wind. The wind stays in the human body and then turns to heat causing the patient to become emaciated. Some patients will walk with a limp because of disease caused by the combination of wind, cold, and dampness.

有的病不从内发，而由于外中风邪，因风邪留蓄，伏而为热，消烁肌肉，以致表邪留薄，着于肌肉筋骨之内。有的两脚偏跛，是由于风寒湿侵袭而成的疾病。



Triple energizer: this term refers to the upper energizer, middle energizer and lower energizer. The upper energizer refers to the chest (the portion above the diaphragm cavity housing the heart and lungs); the middle energizer refers to the portion between the diaphragm and the navel, the cavity housing the spleen and the stomach; the lower energizer refers to the region below the navel, the cavity housing the liver, kidneys, and bladder. The upper energizer controls the transportation of nutrients for the entire body; the middle energizer has the function of digesting food and transforming it into nutrients; the lower energizer takes charge of eliminating waste and superfluous water.

三焦:上焦为胸部,即横膈以上的部分,包括心、肺;中焦为膈以下脐以上的部位,包括脾、胃;下焦为脐以下,包括肝、肾、膀胱等。上焦的功能是为全身各部提供营养保证;中焦指脾、胃的消化吸收功能;下焦指肾、膀胱的排泄功能。



1. Qi Bo says, "Rage causes the qi of the liver to flow adversely upward, which, if severe, will bring on such symptoms as spitting blood and diarrhea;

岐伯说:大怒则气上逆,严重的可以引起呕血衄泄,所以“怒则气上”。



2. Excessive joy makes the heart qi sluggish;

喜则气和顺而意志舒畅,荣气和卫气通利,所以“喜则气缓”。



3. Sorrow consumes the qi of the lungs. If someone is very sad, his or her heart will beat quicker and the lungs dilate. As a result, the constructive energy and the defensive energy in the upper energizer can not move freely to function.

悲哀过甚,则心系急,肺叶张大,以致上焦不通,荣气和卫气不得散布,热气郁于胸中,所以“悲则气消”。



Please don't eat me!
别吃我!

4. Fear causes the kidney qi to sink to the lower energizer, bringing on a full sensation in the abdomen.

恐惧则使精气下劫,精气下劫,则上焦闭塞,上焦闭塞则气通下焦,气通下焦则成胀,所以“恐则气下”。

This winter comes so soon!
今年冬天来得真早呀!



5. Cold causes the skin, muscles, and pores to contract.

寒冷之气, 能使腠理闭塞, 荣卫之气不得流行, 所以“寒则气收”。

See you next year.
老兄明年见了。

You all come out! My sweat brothers!
弟兄们都跑出来吧!



6. Heat opens the pores and sweat flows profusely.

热则腠理开发, 荣卫大通, 汗液外出, 所以“炅则气泄”。



7. Fright disturbs the heart qi.
受惊则心悸动荡无所倚, 神志无所归宿, 心中疑虚不定, 所以“惊则气乱”。



It's so heavy!
I'm dying.
吭唷。吭唷, ……

It's too much for you.
背得太多了。



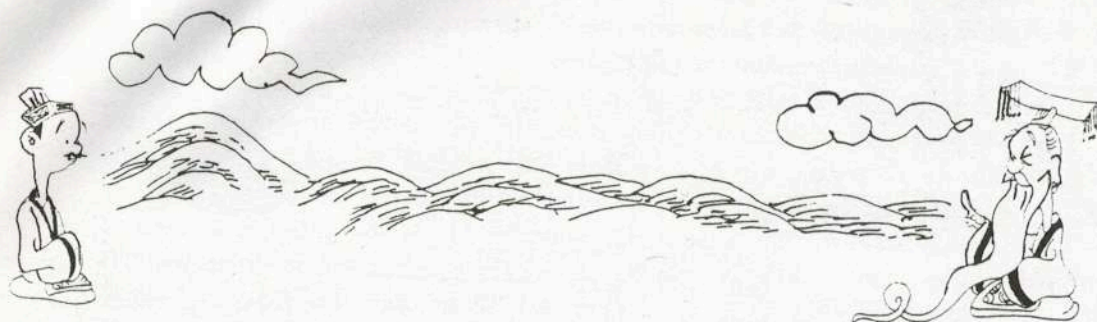
8. Over fatigue causes the loss of qi through excessive gasp and perspiration.

劳役过度则气喘汗出, 内见喘息, 外见汗出, 内外之气皆超出范度, 所以“劳则气耗”。

9. Anxiety depresses the spleen qi so it can not flow freely.

思虑过度, 则心思常常存于事物, 精神也归宿在一处, 以致正气停留而不能运行, 所以“思则气结”。





1. Qi Bo says, "The properties and flavor of aromatic drugs are pungent, and those of mineral drugs, strong.
岐伯说,芳香药草之气多辛窜,金石药物之气多强悍。

The doctor said those who are bad-tempered can not take this medicine.

医生说,脾气不好的人,是不能轻服这类药的。



2. They both have a hot and strong nature. If the patient is not mild-tempered, he'd better not take them.
这二种药物都有一种急疾强劲之气,若非性情和缓的人,是不可以轻服的。

3. Why can't some patients take these two medicines?
不可以用这二种药是为什么道理呢?



4. Qi Bo says, "Since the heat is fierce in these two drugs, they will impair the spleen qi if they meet."

岐伯说,热气本身是强悍的,药物之气又是这样,二者遇在一起,恐要损伤脾气。

Jueni: severe pains in the chest and abdomen, cold feet, and uneven pulse.

厥逆:指胸腹剧痛,两足暴冷,脉大小皆涩的病症。



1. The Yellow Emperor asks, "What disease has symptoms of pectoral and abdominal distension and neck ache? What causes it?"

黄帝问,有患膈肿颈痛,胸满腹胀的是什么病?怎么得的?



Eh! Eh! Eh!
嘻嘻嘻,

Ha! Ha! Ha!
哈哈。



2. Qi Bo answers, "It is *jueni*. It is caused by excessive yang qi flowing adversely and staying in the upper body cavity."

岐伯说,是厥逆。这是由于阳气重逆于上,则上部有余,才生此病。

I feel sick.
身子难受。

Are you ill?
是病了?



4. She seems ill, but an abnormal pulse can't be found.
看她身上似乎有病,但不见有病脉。

Oh! I see. She must be pregnant.
嘻嘻,她这是有喜了。



3. The Emperor asks, "How do you know whether one is ill or not?"

黄帝问,如何知道病人有病呢?

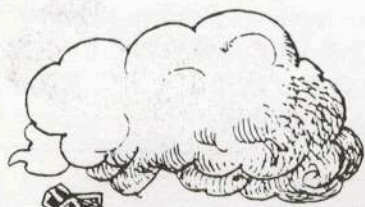
Cold and heat: (1) two of the eight principal syndromes indicating two main features of the nature of an illness. Generally speaking, cold refers to the syndrome caused by cold which diminishes vital functions; and heat refers to the syndrome caused by pathogenic heat inducing excessive vital functions. (2) describes chills and fever.

寒热:①八纲辨证中的两个纲领。用以概括机体阴阳偏胜偏衰出现的两类症候。一般而言,寒是指感受寒邪或机体机能低下;热是指感受热邪,或机体的机能亢盛所出现的相应症候表现。②发冷发热的简称。



1. Qi Bo says, "When the evil wind permeates into the skin and is unable to flow through the meridians or leave the body."

歧伯说,风气侵入人体的皮肤里面,内部不能够通于经脉,外面又不能够发泄。



It is called pathogenic wind.
这就是风邪。

Hey! Hey! Hey!
嘿嘿嘿……?



2. However, it swells rapidly and causes many diseases.

但是它的传递行动最快,病变多端。

I feel cold,
very cold.
冷啊……好冷啊。



3. When the striae of the skin and muscle open, one feels cold.

如果腠理开而疏松,就会觉得洒洒然而寒冷。

4. When the furrows of the skin and muscle close, one feels hot and becomes fidgety

Stop that!
You're making me crazy!
别闹了, 烦死了。

Oh, my God! Grandma is so angry!
奶奶好可怕呀!



腠理闭而致密, 就会觉得发热而烦闷。

I'm full.
不要再添饭了。

Only half a bowl of rice?
就吃半碗?



5. If one feels chilly, he will eat little.
发寒的就会饮食减少。

6. If one gets a fever he will become thinner day by day.
发热的就会消瘦, 所以使得人抵寒而不得饮食, 这叫寒热。

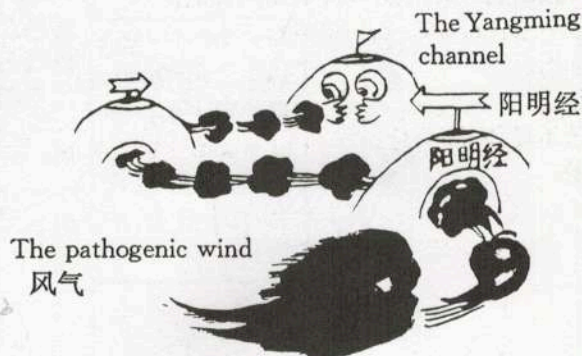
This gown is too loose.
Am I much thinner?
衣服怎么又宽又大?



I get bigger every day and dad becomes smaller.
我越长越大, 爸爸越长越小。

7. The pathogenic wind reaches the stomach through the Yangming channel and continues to go upward to the inner canthus of the eye.

风气由阳明经入于胃, 循经脉向上行到目内眦。



8. If the patient is fat, the pathogenic wind can't be expelled from the interior and will stay there. As a result, the eyeballs turn yellow.

假使这个人肥胖的, 风的邪气就不能向外发泄, 稽留在人体内部, 成为热中, 而二珠发黄。

Why do my eyes look so yellow?
Why?
怎么两眼发黄, 这么黄?



9. If the patient is thin, he feels cold and tears flows frequently since the yang qi is easily expelled.

如其肌肉瘦弱的人, 阳气易向外发泄因而感到寒冷, 发为寒中, 而目中不时流泪。



10. The pathogenic wind invades the body through the Taiyang channel and permeates the various meridians and acupoints. It entangles with the defensive energy, resulting in the blockage of the meridians, swelling muscles, and inflammation of the skin.
 风气由太阳经脉而侵入,行走到各经脉俞穴,散布在分肉之间,与卫气相搏结,则经脉的道路不通利,所以使肌肉肿胀而生疮疡。

What a pain!
好痛呀!



It's so terrible! So red and badly swollen!
又红又肿好吓人!



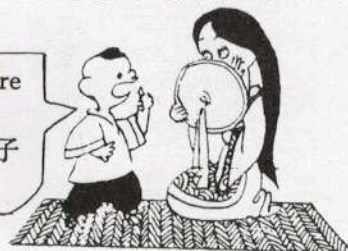
11. If the defensive energy can not function, the skin will be insensitive.
 如因卫气有所凝滞,而不能运行,因而感觉肌肤发生麻木而不知痛痒。



My hand can't feel anything, just like a piece of wood.
一点感觉也没有,简直像木头。

12. *Lifeng* or plague can occur when the pathogenic wind invades the meridians bringing heat, disturbing the nutrients and blood system, decaying the bridge of the nose, and inflaming the skin.
 疔风是由于风邪侵入经脉,使荣气有热甚至腐坏,血气污浊不清,所以使鼻柱损坏而颜色衰败,皮肤生疮溃烂。

Ma Ma, where is your nose?
妈妈你的鼻子呢?



13. The cold wind often stays in the meridians for a long time and is difficult to expel.
 因为风寒久留于经脉而不去,所以叫疔风。



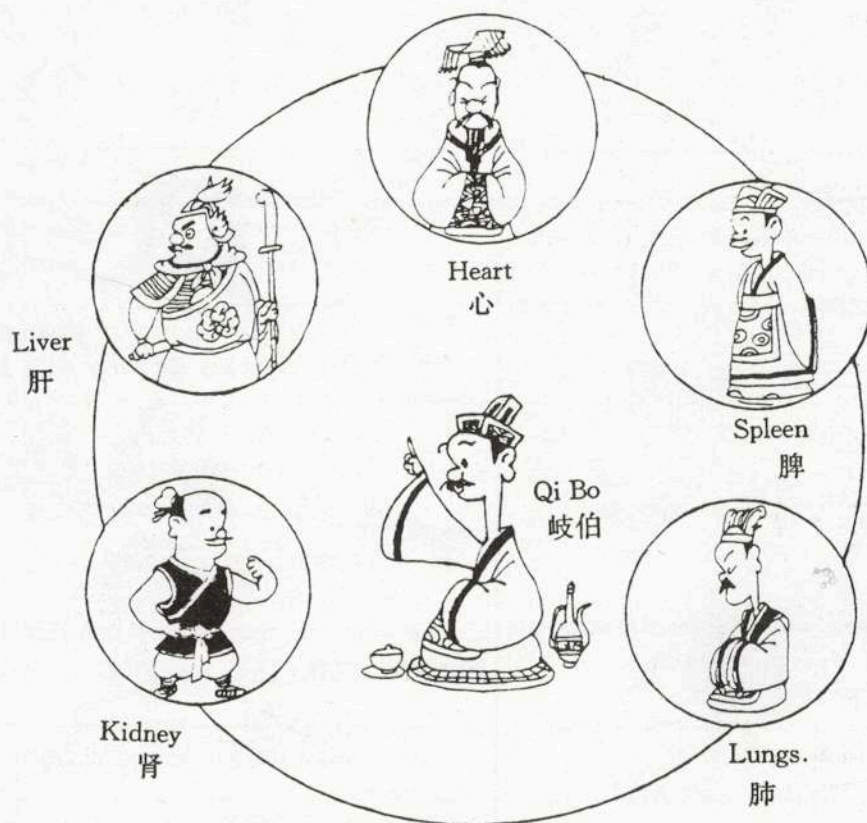
14. *Lifeng* is also called "chills and fever" at first because it appears as cold and heat at the start.
 又因为先有发寒热的症状,所以又叫寒热。

Do you feel better now?
好点吗?

Yes, much better.
舒服多了。



Lifeng: leprosy.
疔风: 即麻风病。

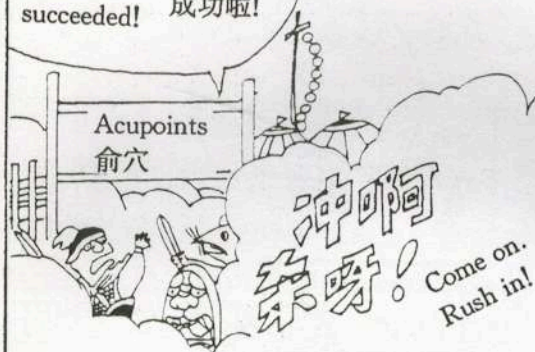


Shuxie: the common name of the acupoints on the human body.

俞穴: 人体穴位的通称。



We've succeeded! 成功啦!



1. The pathogenic wind invades the acupoints of the body's five zang and six fu.
风邪侵入到五脏六腑的俞穴。

We've succeeded! 胜利啦!



2. The wind continues to rush into the interior.
传入内部, 也就是五脏六腑的风。

The pathogenic wind



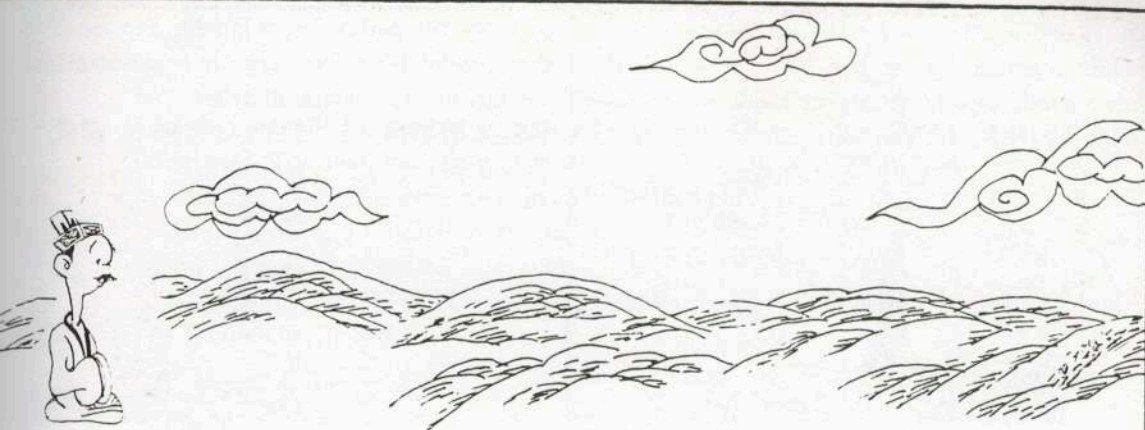
Help!
救命!

3. It permeates through the weak region into the vital organs.
各从其血气的衰弱场所侵入。

What's wrong with you? My dear!
你这是怎么了?
老头子!

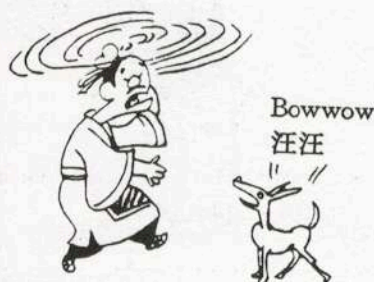


Half of my face is convulsing.
半边脸抽搐了。



1. The pathogenic wind invades the Fengfu point and goes upward along the channel to the brain, and is now called brain-wind, causing headache.

风气侵入风府穴，循经脉而向上走入脑，就称脑风。



2. The pathogenic wind is called eye-wind when it invades the ocular connecting system. In this case, the eyes are subject to wind-cold.

风入目系而至于头，就称目风，二眼会畏惧风寒。



3. If someone is invaded by the pathogenic wind after drinking wine, it is called leaking wind.

饮酒以后，风气侵入，就叫漏风。



Ah! What's wrong? You scared me.
怎么了，别吓我。

Ah!
哎呀!



4. If the wind invades someone when he is sweating as if making love, it is called *neifeng* or endogenous wind.

如果入房时，汗出而中风，是为内风。

5. If one is attacked by the pathogenic wind while washing his or her hair, it is called head-wind, causing recurrent headaches.

刚洗头时中风, 则为头风。



6. Once the pathogenic wind has remained in the muscles for a long time it permeates into the intestines, causing diarrhea.

风邪久居肌腠, 若一旦内入于肠中, 则成为肠风泄泻。



7. If the pathogenic wind just stays in the muscles, the patient sweats easily; this is called *xiefeng*.

其外在于腠理之间的, 不时出汗称为泄风。



8. Accordingly, pathogenic wind is the first and foremost factor causing various diseases.

所以“风”为引起各种疾病的一个首要因素。



9. A certain number of these diseases are caused by the pathogenic wind in combination with other factors. However, it is absolutely true that the wind is the major cause.

至于侵入人体以后的变化而发为各种不同的疾病, 就没有一定了, 但是致病的原因, 都是由于风气的侵入。



Xiefeng: If the pathogenic wind invades the intestines, it causes diarrhea; if it just stays in the muscles, the patient will sweat profusely. The main symptoms include profuse perspiration, dry mouth, chills and aches all over, and general weakness.

泄风:风邪进入人体很久,如进入肠内,则会患“肠风泄泻”,如停留在腠理间,则会患“泄风”。其主要表现是“多汗,汗出濡洗衣服,口中干燥,周身痛而冷,多无力劳动。”



Would you please tell me the differences between the diseases caused by the pathogenic wind in the five zang?

风病所表现的症状有哪些不同? 希望把诊断重点和表现告诉我。



Qi Bo
岐伯。

Yes.
好的



Qi Bo says, "The symptoms of the lung-disease include profuse perspiration, aversion to wind, a blanched face, and coughing and breathing difficulty."

岐伯说,肺风的症状,多汗怕风,面色浅白,咳嗽气短。

He often has a bad cough at night.
一到晚上就这样。

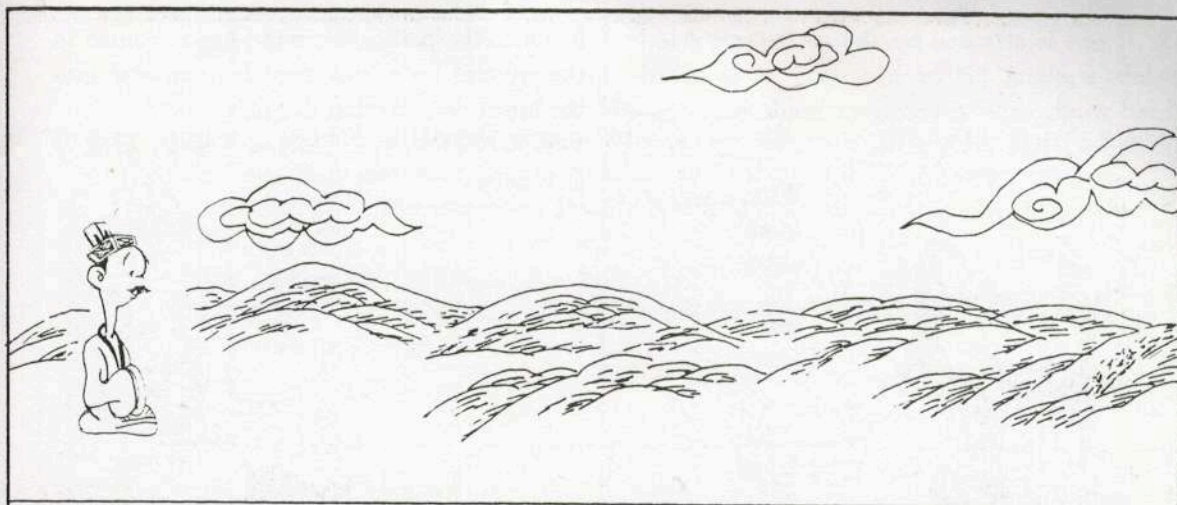


Ahchoo
啊嚏!

3. Generally speaking, the patient's condition worsens at night.

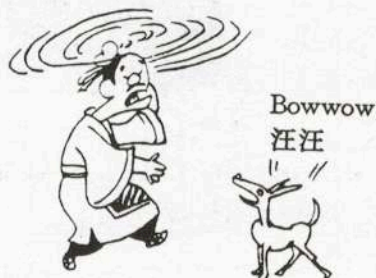
白天较轻,傍晚较重……





1. The pathogenic wind invades the Fengfu Point and goes upward along the channel to the brain, and is now called brain-wind, causing headache.

风气侵入风府穴，循经脉而向上走入脑，就称脑风。



2. The pathogenic wind is called eye-wind when it invades the ocular connecting system. In this case, the eyes are subject to wind-cold.

风入目系而至于头，就称目风，二眼会畏惧风寒。



3. If someone is invaded by the pathogenic wind after drinking wine, it is called *loufeng*.

饮酒以后，风气侵入，就叫漏风。



Ah! What's wrong? You scared me.
怎么了，别吓我。



4. If the wind invades someone when he is sweating as if making love, it is called *neifeng* or endogenous wind.

如果入房时，汗出而中风，是为内风。

5. If one is attacked by the pathogenic wind while washing his or her hair, it is called head-wind, causing recurrent headaches.
刚洗头时中风, 则为头风。



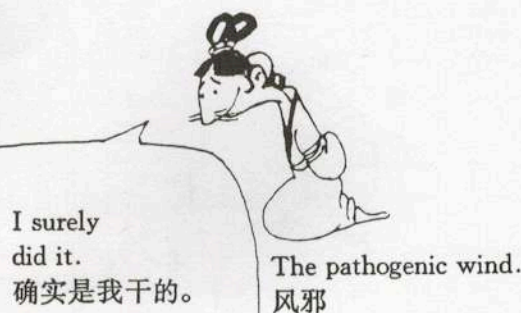
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风邪久居肌腠, 若一旦内入于肠中, 则成为肠风泄泻。



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所以“风”为引起各种疾病的一个首要因素。



The pathogenic wind.
风邪

9. A certain number of these diseases are caused by the pathogenic wind in combination with other factors. However, it is absolutely true that the wind is the major cause.
至于侵入人体以后的变化而发为各种不同的疾病, 就没有一定了, 但是致病的原因, 都是由于风气的侵入。



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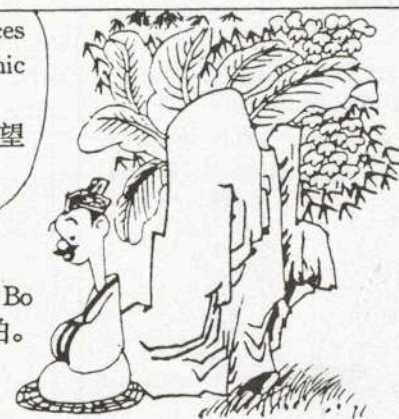


1. Would you please tell me the differences between the diseases caused by the pathogenic wind in the five zang?

五脏风病所表现的症状有哪些不同? 希望你把诊察重点和表现告诉我。



Qi Bo
岐伯。



Yes.
好的

2. Qi Bo says, "The symptoms of the lung-wind include profuse perspiration, aversion to wind, a blanched face, and coughing and breathing difficulty.

岐伯说,肺风的症状,多汗怕风,面色浅白,时咳嗽气短。

He often has a bad cough at night.
一到晚上就这样。



3. Generally speaking, the patient's condition worsens at night.

白天较轻,傍晚较重……



4. The symptoms of the heart-wind include profuse perspiration, aversion to wind, dry mouth with cracked lips, angered easily, red face, and dysphagia if seriously ill.

心风的症状,多汗怕风,唇舌焦燥,毫无津液,好怒以吓人,面有赤色,病重语言不得爽快。



6. The symptoms of the liver-wind also include a blue face, dry throat, easily angered and, sometimes, being sick of the opposite sex.

What a disgusting woman!
真恶心。



面色微青、咽喉干燥,易怒,时而厌恶异性。

8. Profuse perspiration, aversion to wind, swollen face, and unable to stand upright with backaches are the symptoms of the kidney-wind.

肾风的症状,多汗怕风,面目浮肿,脊痛不能正立。

What's wrong with you?
你怎么了?



I'm ill.
妈妈病了。

5. Profuse perspiration, aversion to wind, and tendency to melancholia are symptoms of the liver-wind.

肝风的症状,多汗怕风,好悲。

What a dreary scene—the leaves swept away by the autumn wind!

秋风落叶,多么凄凉。

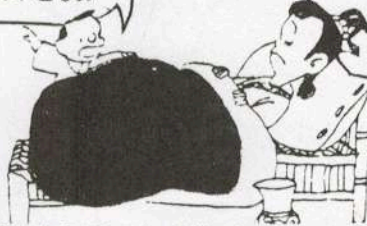


7. The symptoms of the spleen-wind include profuse perspiration, aversion to wind, feel tired, unwilling to move, light yellow face and have no appetite for food and drink.

Mom, it's time for dinner.
爸爸叫你去吃饭。

I know, but I don't want to eat.

知道了。



脾风的症状,多汗怕风,身体疲倦,四肢不愿活动,面色浅淡黄色,不思饮食。

9. Other symptoms of kidney-wind are a blackened face and dysuria.

面色黑如煤烟,阴部不通。

Is this me?
这还是我吗?



Chenzhang (tympanites): abdominal distention with gas, mostly caused by indigestion.

腹胀:病症名。上腹部气胀的意思。多属消化不良引起的上腹部胀满。



1. The symptoms of the stomach-wind include profuse perspiration around the neck and aversion to wind;

胃风的症状,颈部多汗怕风。



2. No appetite for food and drink and abdominal distention.

饮食不下,阻隔不通,腹部胀满。

I don't want to eat any more.
我不吃了。



You'd better not take off your coat.
不要脱衣服!

3. If the patient does not dress warmly enough, he will suffer from abdominal distention.

如少穿衣服,腹部即腹胀。



I'll just go out for a walk. Oh! So cold!
我去散散步。哎哟!

4. If the patient eats something cold, he will have diarrhea.

吃寒冷的东西,则大便泄利。



Oh! My stomach is aching.
哎呀! 肚子疼.....

5. The symptoms of head-wind (severe intermittent headache) include profuse perspiration of the face, aversion to wind, and severe headache, especially the day before the coming of the wind.



头风的症状, 头面多汗怕风, 当天时风气发动的前一日, 头疼特别严重, 并且不能外出。

7. The symptoms of *loufeng* include profuse perspiration and aversion to wind, so one should be dressed warmly.

漏风的症状, 有时汗出甚多, 有时不甚出汗, 有怕风的感觉, 所以不能穿单薄的衣服。

You'd better put on this coat.
多加些衣服。

Thank you!
谢谢你。



6. On the wind day itself, the headache is alleviated.

到发风之日, 则痛势减弱。

I feel a bit better today.
今天好一些了。



8. The patient sweats freely even while eating. If one is seriously ill he will frequently sweat all over soaking his clothes, have difficult breathing, easily become thirsty, and be unable to work for very long.

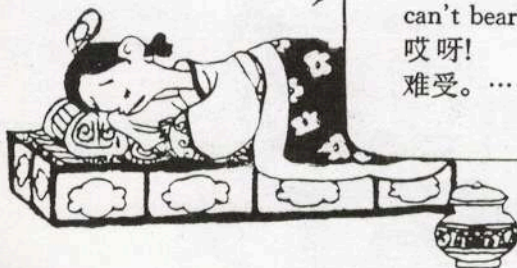
一吃饭就出汗, 病情严重的经常全身自汗出, 喘息怕风, 衣服常常被汗液浸湿, 口干易渴, 不耐于劳动。



9. The symptoms of *xiiefeng* include profuse perspiration, dry mouth, chills and aches all over, and inability to work.

泄风的症状, 多汗、汗出湿衣, 口中干燥, 及肤如水渍, 患这种病的人, 不能劳动, 周身疼痛而发寒。

Oh, My God! I can't bear it.
哎呀! 好难受。……



The Yellow Emperor: Good job! I understand now.
解释得真清晰, 很好。



黄帝

Bi: 1) obstruction of vital energy and blood flow; 2) a variety of morbid conditions caused by pathogenic factors blocking certain parts of the body; 3) particularly refers to the three *bi*, arthritis due to wind, arthritis due to cold, and arthritis due to dampness.

Gubi (heumatism): It is caused by wind, cold, and dampness.

Jinbi: syndrome due to stagnation of wind, cold, and dampness in the tendons.

痹: ①闭阻不通, ②泛指邪气闭阻肢体, 经络、脏腑引起的多种疾病, ③专指引起关节疼痛、麻木、炎症和运动障碍的风、寒、湿三种痹症。

骨痹: 以骨的症状为主的痹症, 是风寒湿邪侵于骨髓所致。

筋痹: 指以筋的症候为主的痹症, 为风寒湿邪侵犯于筋所致。



1. The Yellow Emperor asks, "What causes the evil *bi* to remain in the vital organs?"

黄帝问道, 痹病的病邪又有内居于五脏六腑的是什么原因呢?



Ok, Let's settle down here!
对, 就在这里安家吧!

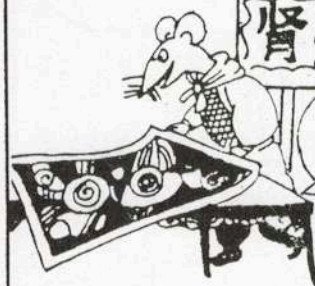


2. Qi Bo answers, "The five zang and the five body constituents (tendon, vessels, muscles, hair and skin, and bones) are interrelated, mutually influenced, and are connected by the meridians. If the pathogenic factors in the five body constituents can't be eliminated in time, they will invade the corresponding internal organs.

岐伯说, 五脏和五体本是内外结合的, 病邪久留体表而不去, 便侵入于相合的内脏。

4. If the pathogenic wind attacks the patient suffering from *jinbi*, it will stay in the liver. 筋痹不愈, 再重复感受了邪气, 就内藏于肝。

Kidney

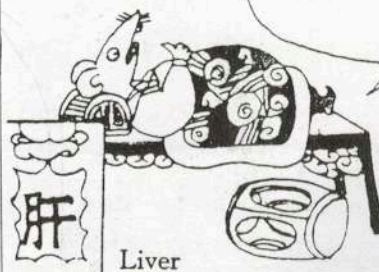


It's nice to sleep here.
这里当床很合适。

3. Therefore, if the pathogenic wind attacks the patient suffering from *gubi*, it will remain in the kidney.

所以骨痹不愈, 而再重复感受了邪气, 就内藏于肾。

It's so nice!
这个家真棒!



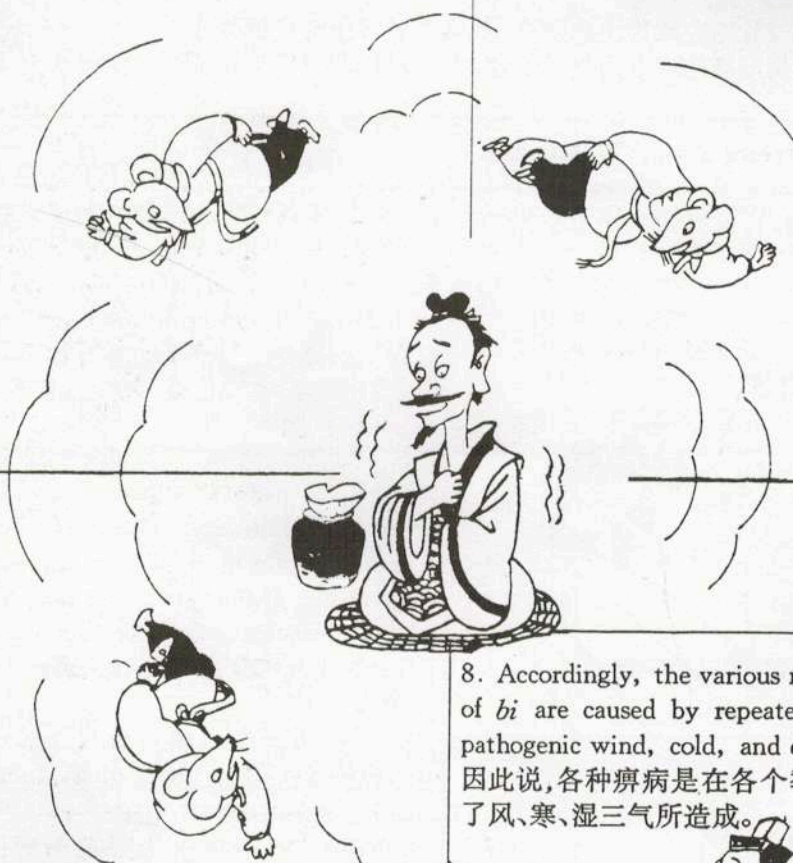
Liver

5. If the pathogenic wind attacks the patient suffering from *maibi* (a syndrome due to heat involving the vessels), it will stay in the heart.

脉痹不愈，再重复感受了邪气，就内藏于心。

6. If the pathogenic wind attacks the patient suffering from *jibi* (a syndrome characterized by numbness and flaccidity), it will stay in the spleen.

肌痹不愈，再重复感受了邪气，就内藏于脾。



8. Accordingly, the various morbid conditions of *bi* are caused by repeated attacks of the pathogenic wind, cold, and dampness.

因此说，各种痹病是在各个季节里重复感受了风、寒、湿三气所造成。



岐伯
Qi Bo

7. If the patient suffering *pibi* (a syndrome from evil wind-cold involving the skin) is attacked by the pathogenic factors, the disease will spread to the lungs.

皮痹不愈，再重复感受了邪气，就内藏于肺。

Maibi: a syndrome due to heat involving the blood vessels.

Pibi: a syndrome manifested as skin rash in the infected region with the feeling that things are creeping over it.

Xinbi: heart-energy stagnation syndrome, manifested as asthma and dry throat.

Ganbi: liver-energy stagnation syndrome, manifested as headache, lumbago, cold feet, being easily frightened, abdominal distension, drinking much, and frequent urination. It's mainly caused by cold air.

脉痹:以血脉症候为主的痹症。

皮痹:皮肤病变部位有皮疹,蚁走感和知觉迟钝。

心痹:五脏痹的一种,表现为闷气、气短而喘,咽干等。因患脉痹日久不愈,又感受邪气所致。

肝痹:五脏痹的一种,表现为头痛,腰痛,足冷,易惊,胸腹胀满,饮水多,小便多等。多为筋痹日久,又感受寒气所致。



1. The *bi* diseases in the five zang manifest as different symptoms; in the lungs, as vexation, full sensation in the abdomen, gasping, and vomiting.

凡痹病侵入五脏,症状各有不同:肺痹的症状是烦闷而满,喘息而呕。



2. In the heart, as stagnation of the blood, vexation, irregular heart beat, gasping, dry throat, belching, and fear due to the adverse flow of *qi* (energy) up to the heart.

心痹的症状是血脉不通,烦则心下鼓动,暴气上冲而喘,嗝喉干燥,暖气,逆气上乘于心,便产生恐惧。



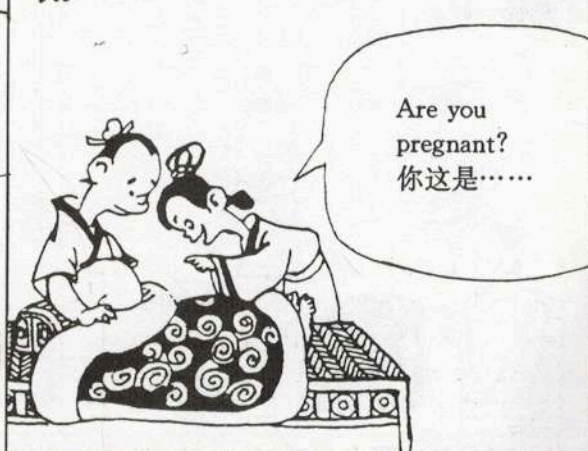
3. In the liver, as sleeping lightly, drinking much, and frequent urination.

肝痹的症状是夜眠多惊,好饮水,小便次数多。

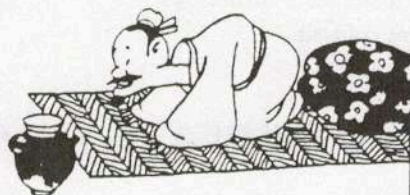


4. The disease spreads to the lower abdomen, causing distension like pregnancy.

病势从上面行至少腹,腹部膨满如怀孕的形状。



5. In the kidney, the symptoms of *bi* include fullness of the abdomen and inability to walk. 肾痹的症状是腹部容易胀满, 骨痿弱不能行走, 行动时以尻着地, 身蜷不能伸直, 脊高于头。



6. In the spleen, it manifests as tired and weak limbs, coughing, vomiting of thin fluid, and even blockage of the energy in the chest. 脾痹的症状是四肢倦怠无力, 咳嗽, 呕吐清涎, 甚至胸膈上闭塞。



8. Another symptom is diarrhea due to the struggle of the yang qi and pathogenic wind in the intestine; 肠胃中阳气与邪气奔喘交争, 有时泄出不消化的食物。



7. In the intestine, it occurs as frequent drinking but deficient secretion of urine; 肠痹的症状虽常常要饮水, 而小便不畅。

9. In the bladder, the lower abdomen aches as if burned by hot water while being pressed; 膀胱痹的症状, 手按小腹内有痛感, 好像灌了热汤一样。



10. Also as difficult urinating and nasal discharge. 小便涩滞不爽, 上部鼻流清涕。



Shenbi: a syndrome manifested as humpback and inability to walk upright.

Pibi: a syndrome manifested as fullness of the upper part of the body, weak limbs, vomiting of thin fluid, and coughing.

Changbi: a syndrome caused by the stagnation of intestinal energy, manifested as deficient urine and diarrhea.



肾痹:五脏痹的一种,表现为关节变形,躯体佝偻,驼背,难以直立行走,多因骨痹日久,又感邪气所致。

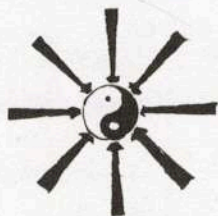
脾痹:五脏痹的一种,主要表现为胸部痞满,四肢倦怠无力,呕吐清水,咳嗽等,为肌痹日久不愈,复感邪气所致。

肠痹:指大小肠的气血痹阻,以致小便不利,大便飧泄。

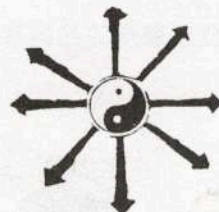


1. When the yin qi of the five zang organs is still your energy will be saved and when it moves restlessly your energy will be consumed.

五脏的阴气,安静则精神内藏,躁动则易于耗散。



Internal organs
内藏



All are consumed
耗散

2. The intestines and stomach will be impaired if one eats too much.

假如饮食过于多了,肠胃就要受到损伤。

My heavens!
You are still
eating!
我的天啊! 还吃。



3. Panting is caused by the excessive evil qi gathered in the lungs.

淫邪之气引起呼吸喘促的是痹聚在肺。



4. Vexation and sadness are caused by the excessive evil qi gathered in the heart.
淫邪之气引起忧悲思虑的是痹聚在心。



5. Incontinence is caused by the excessive evil qi gathered in the kidney.
淫邪之气引起遗尿的是痹聚在肾。



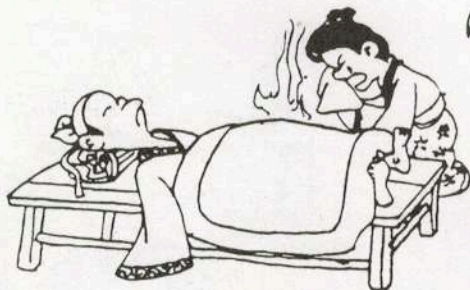
6. Fatigue is caused by the excessive evil qi gathered in the liver.
淫邪之气引起疲乏衰竭的是痹聚在肝。



7. Emaciation is caused by the excessive evil qi gathered in the spleen.
淫邪之气引起消瘦的是痹聚在脾。



8. If the various *bi* diseases can't be cured in time, it will permeate into the internal organs.
各种痹病日久不愈,可以由外而侵入到内部。凡痹症而风气较胜的,比较容易治好。



It turns out that he died for me.
原来他是为我而死。

Poor child, just for a stranger!
为了一个路人,呜呜呜,傻孩子。

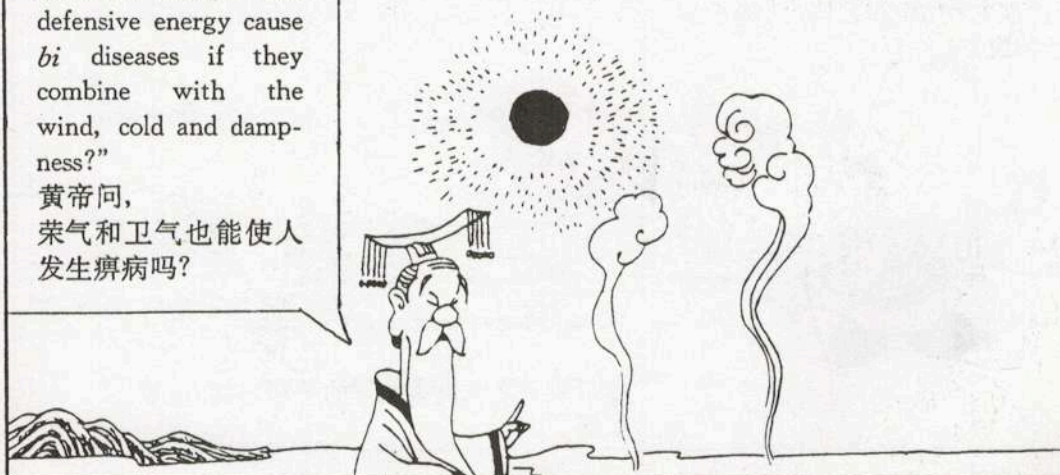


Gubi (heumatism): the main symptoms include pain, spasms and deformation of the joints, sweating and bent back. It is mainly caused by evil-qi.

骨痹: 五脏痹的一种。表现为关节变形, 躯体佝偻, 驼背, 难以直立行走, 多因骨痹日久, 又感邪气所致。

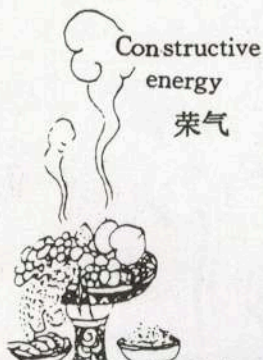
1. The Yellow Emperor asks, "Will the constructive energy and defensive energy cause *bi* diseases if they combine with the wind, cold and dampness?"

黄帝问, 荣气和卫气也能使人发生痹病吗?



2. Qi Bo answers, "The constructive energy is the essence of food.

岐伯说, 荣是水谷所化生的精气。



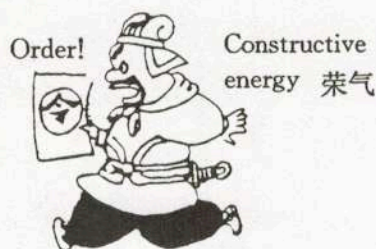
The essence of food 水谷

3. It is the chief substance maintaining the vital activities of human life.

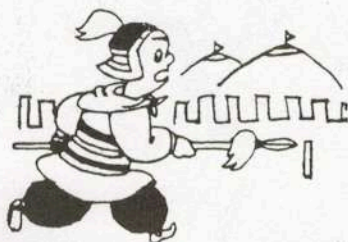
它平和地协调于五脏, 输布于六腑。



4. It moves through the meridians and nourishes all the organs and tissues.
然后行于脉中,循着经脉上下,贯通五脏,联络六腑。



6. It moves outside the vessels, permeating the body surface and warding off outside pathogens;
而循行于皮肤之中,腠理之间,熏蒸于盲膜,敷布于胸腹。



However, the disease will be cured if it flows normally.
但只要顺其气,病就会痊愈了。

5. The defensive energy is produced from the food as superficial body resistance. It can't move through the meridians;
卫是水谷化成的悍气,它疾速滑利,不能入于脉中。



7. If the defensive and constructive energies flow adversely, it will cause illness.

Put'em up!
决斗!

Let's go!
决斗就决斗!

Constructive energy
荣

Defensive energy
卫

如果荣卫之气失去正常的平和协调,就要生病了。

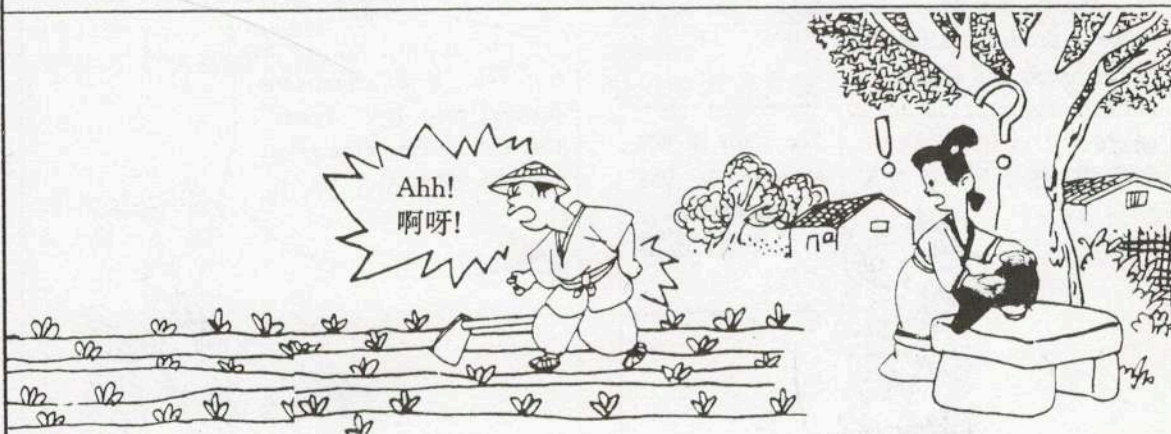
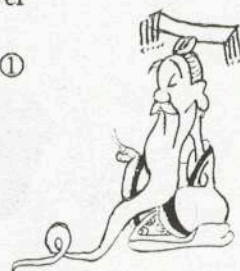
8. In a word, if the constructive and defensive energies do not combine with the wind, cold, and dampness, they won't cause any sort of *bi* diseases.

总的来说,荣卫之气,不和风、寒、湿三气相合,是不致发生痹病的。



Bizheng: a disease with symptoms of flaccid paralysis in the body or limbs. It generally means: 1. General fatigue and weakness of the body or limbs; 2. Debility of the lower limbs.

痿痹:病症名。指肢体麻痹,痿弱无用。有二种含义:①泛指肢体软弱无力,失去功能;②指下肢麻痹废用。



1. "How does *bi* come into being?" asks the Yellow Emperor.

黄帝问道:痹病是怎样形成的?

2. "When the cold, wind, and dampness attack, the mixing effect results in *bi* syndrome." Qi Bo answers.

岐伯说:风、寒、湿三气错杂而至,混合而成痹病。



3. "When someone is attacked by evil wind there is a moving ache called *xingbi*."
其中风, 偏重于游走酸疼无定处的叫行痹。

Ugh, the pain is here now.
嗯, 又跑到这儿了。



4. "When cold congeals among the muscles and tendons and causes pain. This symptom is called *tongbi*."

寒偏重, 于肌肉筋骨之间凝结不散, 从而产生疼痛的, 叫痛痹。



5. "When dampness invades it produces a feeling of heaviness and stiffness, then the symptom is called *zhubi*."

湿偏重, 热不重, 有重滞感叫著痹。

The pain is not so serious, but it's persistent.
不轻不重, 还很顽固。



6. "Why is *bi* syndrome divided into five types?" the Yellow Emperor asks.
黄帝问, 痹病分五种, 为什么?



The Yellow Emperor
黄帝

7. "The illness suffered in winter is called *gubi*, in spring *jinbi* (due to stagnation of the cold and dampness in the tendons), in summer *maibi* (syndrome caused by the heat involving the vessels), in the long summer *jibi* (syndrome manifested as numbness and flaccidity), in autumn *pibi* (syndrome caused by the wind and cold involving the skin).

Qi Bo
岐伯



在冬天得病的为骨痹, 在春天得病的为筋痹, 在夏天得病的为脉痹, 在长夏得病的为肌痹, 在秋天得病的为皮痹。



Weizheng (flaccidity syndrome): an disease symptomized by muscular atrophy caused by chronic slackness and weakness of the body and tendons. It mostly occurs in the lower limbs, but can appear on a single limb or on all four extremities.

痿症:指肢体筋脉弛缓软弱无力,久而致肌肉萎缩的一种病症。以下肢多见,也有单独见于一肢或四肢皆病者。



1. "How does *weizheng* come into being?" asks the Yellow Emperor.
黄帝问,痿病是怎样引起的?



2. "Lungs are the leader of the organs, and are the canopy of the heart," Qi Bo answers.

岐伯说,肺是各脏之长,又是心脏的华盖。



3. When one meets things against his wish or cannot get what he wants, the lung qi may become blocked, resulting the pathological changes.

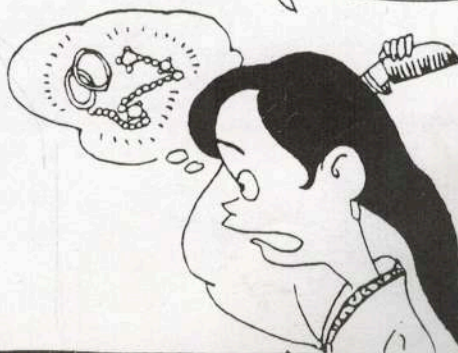
遇有不如意的事情,或个人的要求不能达到,肺气不畅,而发生病变,因此肺热而叶焦。

I'm not able to offer you these, even though all the neighbors have them.

虽然邻居们都有,可我真的无法满足你。

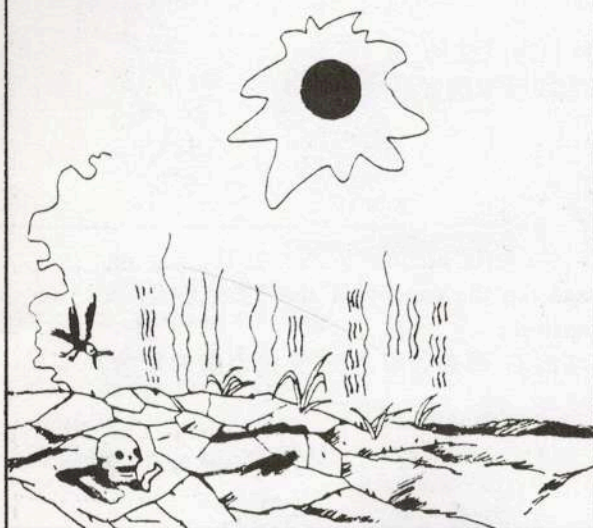


But you promised!
可是你答应过的呀!



4. Therefore, the disease of the five organs are caused by the scorched lung.

所以说五脏都是由于肺热叶焦,而发为痿痹的就是这个道理。



5. Excessive sadness may injure the pericardium and prevent the heart qi from ascending and descending properly. When yang qi moves recklessly, it presses the blood downward and results in bloody urine.

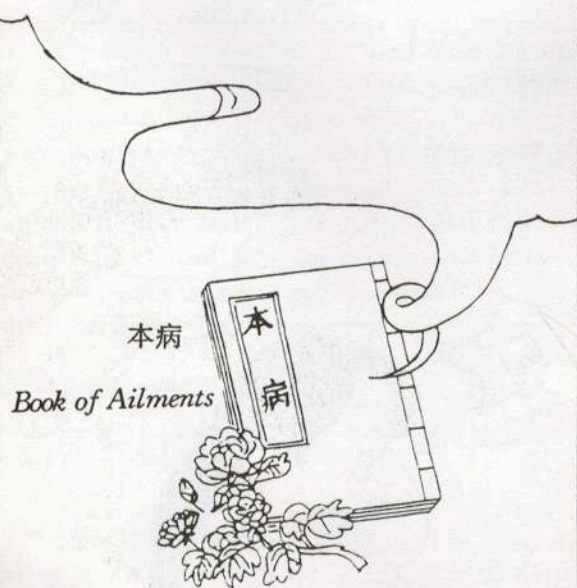
悲哀太过甚就会损伤心包络,而致心气上下不通,阳气在内妄动,迫血下行,故常常小便出血。



This ailment looks quite serious.
看来病还不轻。

6. It is said in the *Book of Ailments* that emptiness of the main meridians may cause *jiù* and develop into flaccidity due to a deficiency of the blood supply.

所以《本病》上说:大的经脉空虚,发为肌痹,最后变为脉痿。



7. Delusions, unsatisfied desire, the mind drifting outside the body, and exhaustion due to sexual indulgence all slacken the male genitals. Then the disharmony becomes flaccidity due to malnutrition of the muscles and results in whitish or turbid urine.

无穷尽的胡思乱想,愿望又不能达到,意志淫荡于外,房劳伤于内,使宗筋迟缓,发为筋痿,成为白浊、白带之病。



The Low Classic: an ancient medical work, now lost.

Jinwei: impotence.

Rouwei (muscular flaccidity due to damaged muscular function): one type of flaccidity has symptoms such as slackness and general fatigue combined with numbness and the disappearing of sensations.

Gurwei (flaccidity due to a deficiency of kidney-essence): one type of flaccidity has signs such as difficulty standing due to pain in the back and loins, weakness of the lower extremities and rotting teeth.

《下经》:古医书名。现已散失。筋痿:即阳萎。

肉痿:痿症的一种,表现为肢体痿弱无力,且伴有感觉迟钝或消失的现象。

骨痿:痿症的一种,表现为腰背酸痛难以直立,下肢痿弱无力,牙齿干枯等。



1. "It is said in *The Low Classic* that disharmony of the liver combined with excessive sexual intercourse reduces the essence of the kidney and results in *jinwei*."

所以《下经》说:“筋痿是生于肝病,并由于入房过度,内伤精气所致。”

You'd better read *The Low Classic* carefully.

你要好好看看这部《下经》。

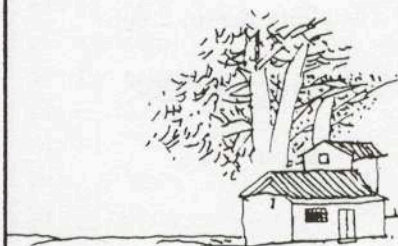


Dad, you'd better take a rest again.

爸,您再休息一会儿吧!

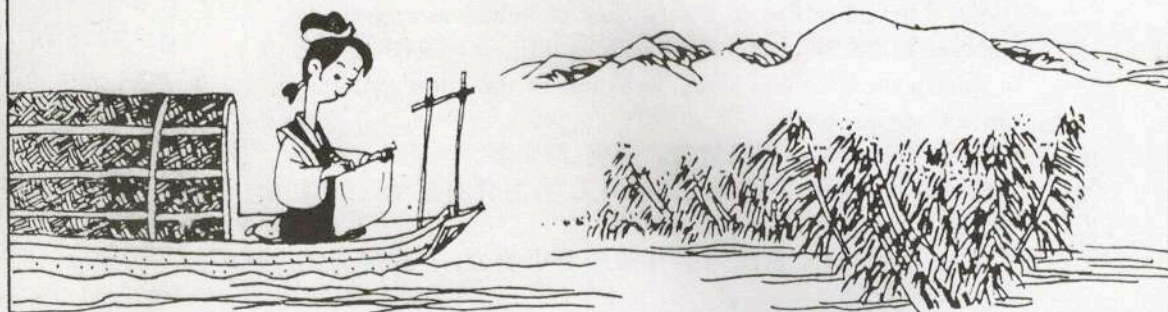
2. People working in water may be affected by the wet pernicious influence and have it remain in their bodies.

日渐感受了湿邪,如从事于水中工作的人水湿内留。



3. "When the wet pernicious influence invades the muscles of those living in a wet environment, it produces numbness which may turn into *rouwei*. Therefore, it is said in *The Low Classic* that *rouwei* is the result of chronically living in wet environment.

或居住潮湿之地，肌肉受湿邪浸润，以致顽木不仁成为肉痿，所以《下经》说：肉痿是久居湿地所致。



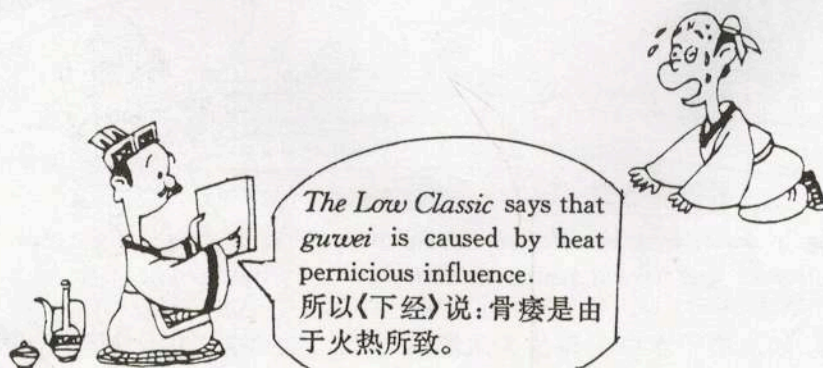
4. When one is tired after a long journey in hot weather he gets thirsty which raises the yang qi in the body. Then the heat pernicious influences attacks and enters the kidney.

若有远行劳倦，适逢气候大热，因而口渴，渴则阳气内盛，而热气内攻，侵入到肾脏。



5. The kidney is characterized by water. When the water cannot overcome the heat, bones wither and the marrow empties. So the ailment known as *guwei* (flaccidity due to a deficiency of kidney essence) develops causing weakness of the feet.

肾属水脏，今水不能胜大热，则骨枯槁而髓空虚，以致两足不能支撑身体；病发为骨痿。



Xiji: the name of an ailment with symptoms of fullness and oppression in the chest, and breathing difficulty due to clogged lung qi. This has no affect on the appetite.

Huangmo: refers to mesentery, omentum majus, etc.

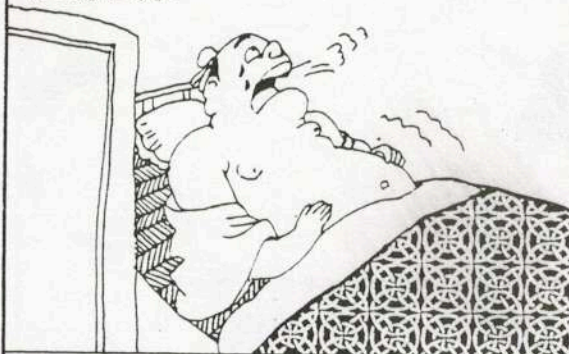
息积:病症名,指肺气郁积,胸胁满闷,呼吸困难,长期不愈,但不影响饮食的一种病症。

盲膜:体腔之浆膜。多指肠外脂膜,即肠系膜,大网膜之类。



1. "I have a feeling of fullness and oppression in the chest, and chronic shortness breath for about three years, I don't know why?" asks the Yellow Emperor.

有胁胀满,胸胀满,气逆喘促二、三年不好是什么原因呢?



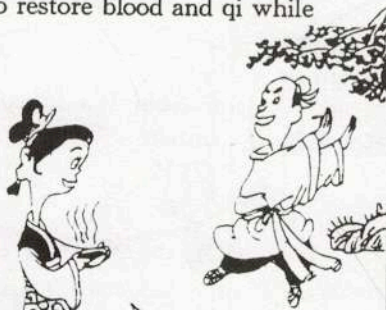
2. Qi Bo said, "It's called *xiji*. It doesn't reduce the appetite and treating this ailment with acupuncture or moxibustion is forbidden.

岐伯说,这个病名叫息积,不碍饮食,切不可用艾灸灸或针刺治疗。

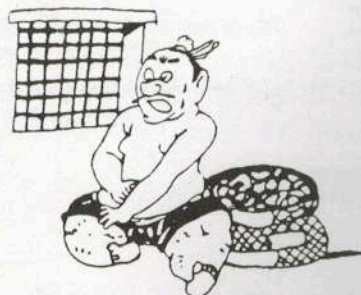


3. The patient should do breathing and physical exercises to restore blood and qi while taking medical treatment at the same time. It can't be cured only by taking medicine.

必须以导引法疏通气血,结合药物慢慢调治,也不能单纯以药物治疗。



It's time for your medicine.
该吃药了。



4. "What's the illness with symptoms such as swelling thighs and pain around the navel?" the Yellow Emperor asks.

黄帝又问,有身体髀部大腿、小腿都肿胀并环绕肚脐周围而疼痛,这是什么病?

5. It's called *fuliang* (mass located in the upper abdomen). It comes into being because the wind pernicious influence chronically dwells in the body.

这种病叫“伏梁”，是由于风邪久留于体内所致。

岐伯
Qi Bo



Here's a good home. I love it.

这个家太好了，我真开心。



6. Various evil qi cover the large intestine and gathers at the mesentery which begins under the navel. Pain around the navel is therefore formed.

各种邪气满布在大肠的外面，留着盲膜，盲膜起源在脐下，所以环绕着脐部作疼。



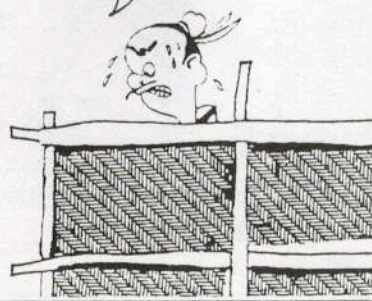
7. Treating it with massage may cause dysuria.

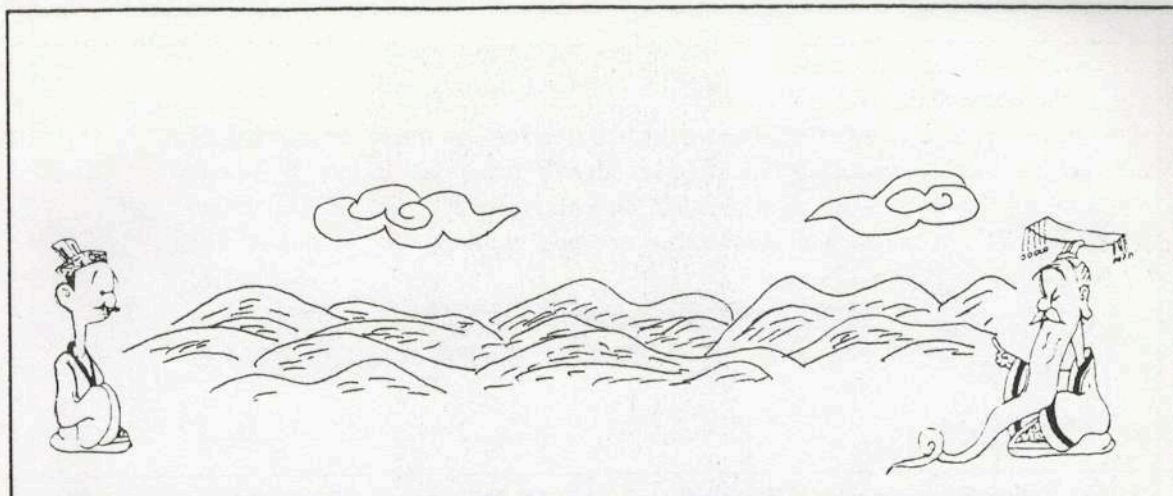
不可轻易按摩引动，否则会小便利。



8. Ahh! It's difficult to urinate.

哎呀！尿不出。





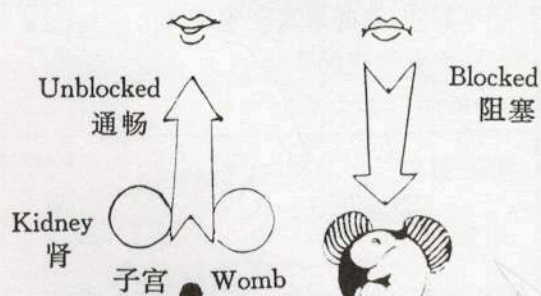
1. The Yellow Emperor asks, "Why women lose their speech during the ninth month of pregnancy."

黄帝问有的人怀孕九个月，说话发不出声这是为什么呢？



2. Qi Bo says, "That's because the meridians of the uterus are oppressed and blocked by the embryo."

岐伯说，这是因为胞中的络脉，被胎儿压迫而阻塞不通所致。



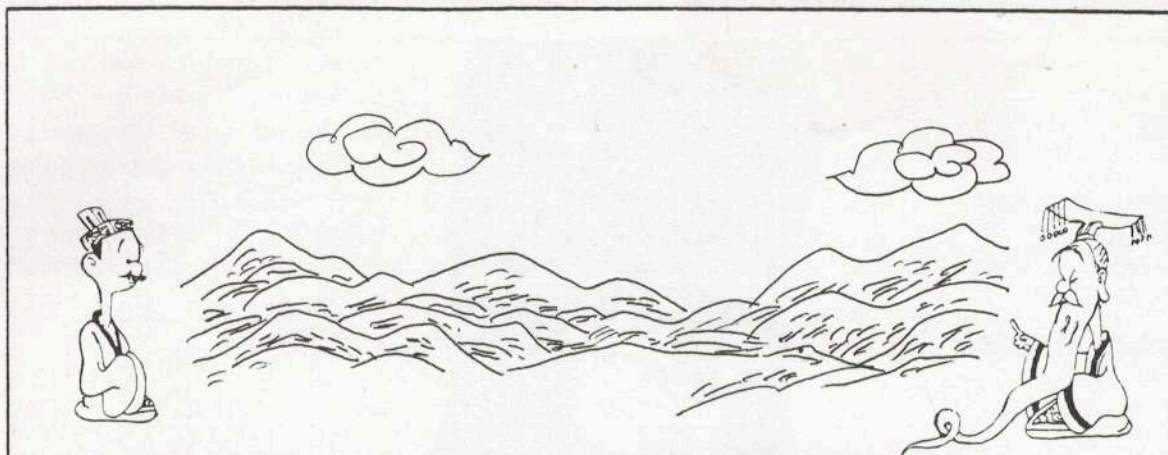
3. Uterus meridians connect with the kidney through which the Shaoyin meridian is attached to the root of the tongue, and loss of speech takes place when the meridians are pressed.

胞中的络脉连系于肾脏，少阴肾脉是通过肾脏连系于舌根的，所以发生音哑。

4. The Yellow Emperor asks about treatment for this symptom. Qi Bo says that treatment is not necessary. The patient will be all right after giving birth to the child.

黄帝又问如何治疗，岐伯说不需要治疗，到胎满十月分娩后，自然就会复原。这是根据针刺的法则，无损不足，益有余。





1. The Yellow Emperor asks, "What's the ailment causing chronic headache?"

黄帝问,有人患头疼,数年不好,这是什么病?



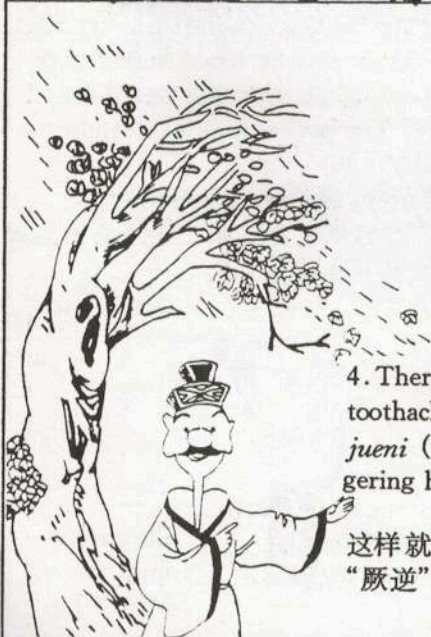
2. Qi Bo replies, "That disharmony results from the attack of strong cold pernicious influence which invades upward to the brain."



岐伯说,由于遭受了很厉害的寒气,寒气向上侵犯到头脑。

3. Toothache is not a serious ailment, but it is painful.

牙痛不算病,疼起来真要命,哎呀!



4. Therefore, symptoms such as headache and toothache result, and this disharmony is called *jueni* (morbid condition characterized by lingering headache).

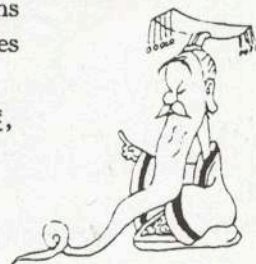
这样就会发生头疼和牙疼的症状,病名叫“厥逆”。



Pidan (spleen-warm syndrome): the ancient name for the ailment that gives a sweet taste in the mouth due to the rising of internal heat. It may turn into diabetes with signs such as thirst, over drinking, and over eating, as time goes by.



脾瘴:古病名。因内热炽盛而引起的口中有甜味的病症,日久可变为口渴,多饮、多食的消渴症。



1. The Yellow Emperor asks, "Why does someone get a sweet taste in the mouth?"
黄帝问道,有的人嘴里发甜是什么病?怎么得病的?

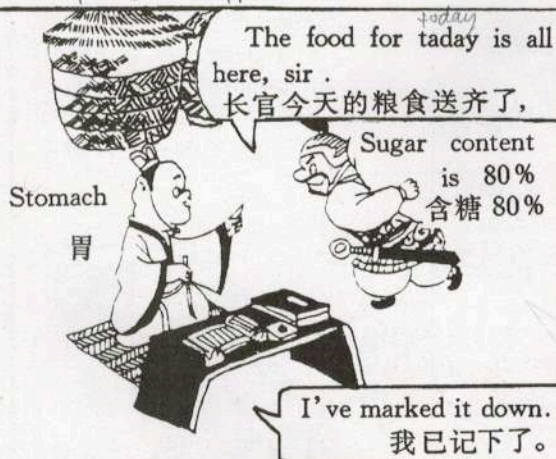


How come I have a sweet taste in my mouth?
怎么有甜味?

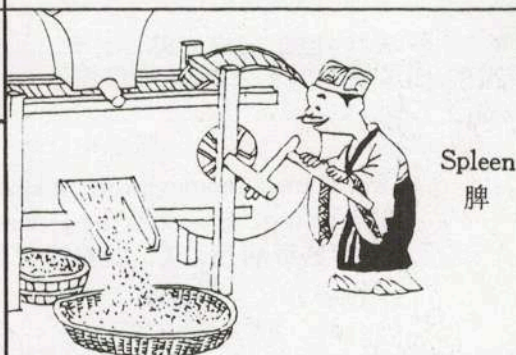


How so?
这是为什么?

2. "This is called *pidan* (spleen-warm). It's caused by the ascending of the vital essence of flavors." Qi Bo answers.
岐伯说,这是五味的精气向上泛滥,病名曰脾瘴。(就是脾热的意思)



3. The food is stored in the stomach.
虽然粮食贮存于胃,



4. The essence of the food must be converted and transported by the spleen.
但必须再 50% 由脾脏运化,输送食物的精华。

5. When the spleen malfunctions due to the heat, the body fluids stay and gather in the organ and leave a sweet taste in the mouth (the mouth is the orifice of the spleen).
今脾脏因热而失其正常功能, 因此津液停留在脾, 使人嘴里有甜味(脾开窍于口)。



6. This ailment is caused by excessive rich food. Most patients suffering from it like to eat greasy food.
这是饮食过于肥美所诱发的疾病, 发这种病的人, 大多喜欢吃厚味的东西。



It's terribly hot!
热死了。



7. Rich food produces internal heat.
厚味使人内热。

8. "The sweet flavor causes fullness in the chest. When the spleen disfunctions, the vital essence will rise and the ailment turns into diabetes."

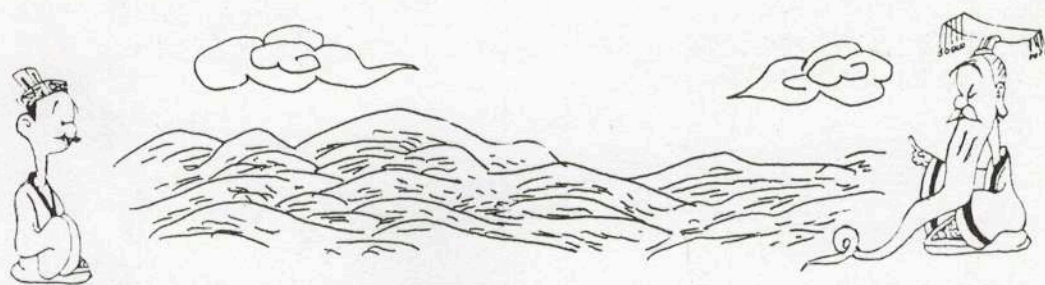


甜味能使人胸腹满闷, 所以脾运失常, 精气上溢, 而成消渴病。

9. "Chinese thoroughwort, a kind of herb, can be used to remove the gathered heat."
治疗这种病用兰草, 以排除蓄积郁热之气。

This is one of the thirteen prescriptions described in *The Yellow Emperor's Canon of Medicine*.
此为内经十三方之一。





1. "There is an illness which gives a bitter taste to the mouth and cannot be cured by acupuncture on the Yanglingquan point. What's its name and how is it formed?" the Yellow Emperor asks.

黄帝问道，有口里发苦的病，针刺阳陵泉穴而口苦仍不愈，病名是什么？怎么得的病？



There is a bitter taste in my mouth as if I've swallowed bile.
嘴里发苦，就像尝了这胆汁。

2. It's caused by the heat in the gallbladder channel.

胆瘴，胆热之症。

It's called *dandan*.
这个病的病名叫“胆瘴”。



3. The liver functions like a general who gets his orders from a higher authority — a role played by the gallbladder, and the throat is under the command of the liver.

肝脏是将军之官，它取决于中正之官的胆而咽喉又受肝的支配。



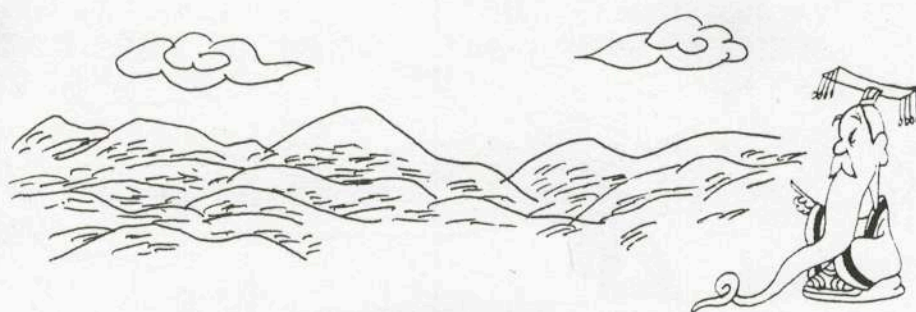
Do it according to this!
照此办理！

4. Excessive contemplation or sadness will disable the bile and make it rise. So patients with *dandan* get a bitter taste in the mouth.

患胆瘴的人，因经常的思虑不决，情绪苦闷，所以胆汁失去正常的功能，向上泛滥，因此口中发苦。



Well, I see
哦，原来是这样的……



1. The Yellow Emperor asks, "Someone is born with epilepsy. How does he get this disease?"

黄帝问道,生下来就患有癫痫病的人,病名叫什么?怎么得的病?



2. The mother must have been frightened during pregnancy.

这是由于胎儿在母腹中时,他的母亲曾经受到很大的惊恐。

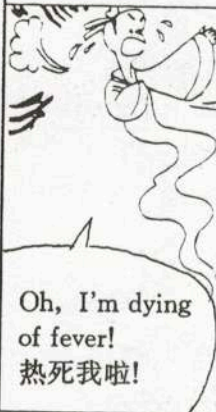
3. Horror may cause the abnormal rising and congealing of vital energy.

气逆于上而不下,精气并聚不散。



4. These will affect the growing embryo, and then the child is born with epilepsy.

这些原因影响了胎儿的发育,所以使孩子生下来就患有癫痫病。



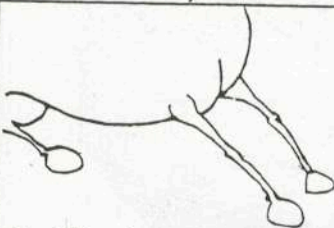
Oh, I'm dying
of fever!
热死我啦!

1. When people have febrile diseases
such as malaria, why do some show
its effects once a day, and some ev-
ery several days?

火热之病, 反复恶寒发热, 有如疟
疾之状, 或一天一发, 或间隔数天
一发, 这是什么原因?



Ugh, ugh, ugh!
哇哇哇!



less yin qi and too much
yang qi, the time is shorter.
阴多阳少, 发作时间就
长, 阳多阴少, 发作时间就短。



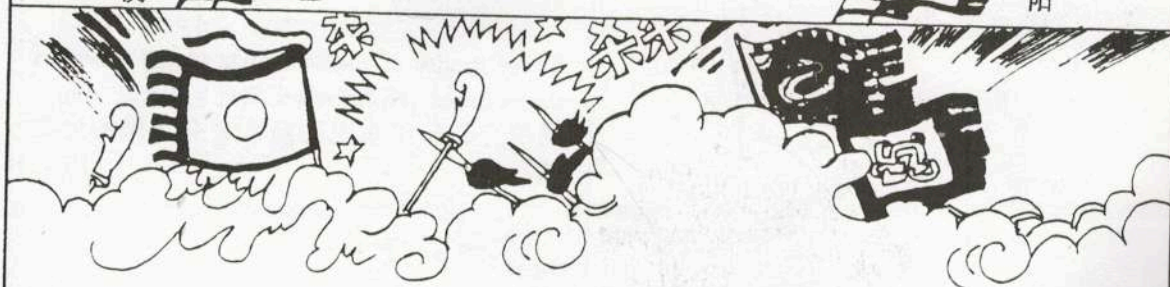
2. This depends on the alternation of
excessive and deficient yin qi and yang qi
Too much yin qi and less yang qi the
time is longer;

这是由于胜复之气相遇时, 阴阳之气
多少的关系。

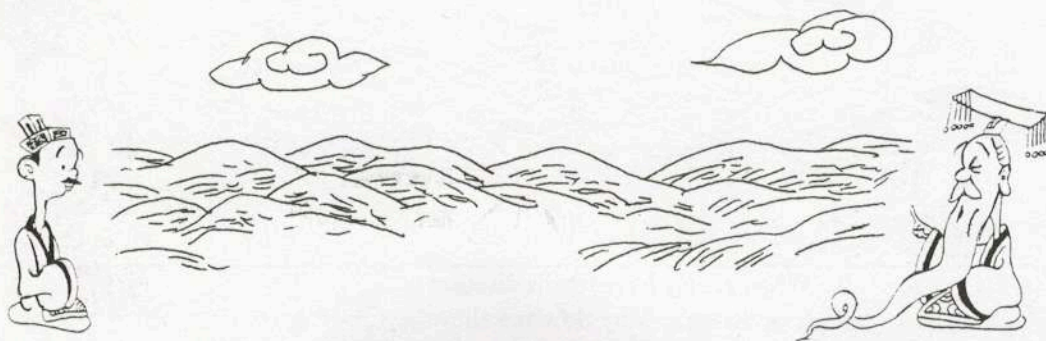
Yin
阴



Yang
阳



3. This is not only the struggle between excessive and deficient qi, but also the ups and
downs of cold and heat. Malaria also may follow this.
这是胜气与复气的相互搏斗, 也就是寒热盛衰的关键, 疟疾的原理也是这样。



The Yellow Emperor asks, "What are the functions of the principal and adjunct ingredients in a prescription?"

黄帝问,制方有君臣之分,是什么意思?



Principal
君

Adjunct
臣



Qi Bo answers: "The principal ingredient provides the main curative action, and the adjunct helps strengthen the effect while the conductant directs the medicine to the affected meridian."



Conductant
使

岐伯说,主治疾病的药叫君药。
辅佐君药的叫臣药。应顺臣药的叫使药。



Three grades of medicine is a classification of drugs based chiefly upon their toxicity.
所谓三品是用来说明药性善恶不同的分类法。



The effect of yin and yang in five flavors.

五味的阴阳之分作用。



Sweet and hot flavored drugs serve to induce perspiration, they are attributed to yang.
其味辛甘, 具有发散作用的属阳。



Sour and bitter flavored drugs cause purges, they are attributed to yin.

其味酸苦, 具有涌泄作用的属阴。



Salty drugs cause purges, they are yin.

其味咸, 具有涌泄作用的属阴。



Light flavored drugs induce seep, they are yang.
其味淡, 具有渗泄作用的属阳。



The sweet, pungent, sour, bitter, salty and light flavored drugs can be used, depending on different conditions for regulating and balancing qi and the blood.

辛、甘、酸、苦、淡咸这几种或是收敛, 或是发散, 或是缓和, 或是急暴, 或是燥湿, 或是滋润, 或是柔软, 或是坚实, 根据病情之所宜而选用, 以调和气血, 使之归于平衡。

Trismus: clenched teeth, inability to open the mouth.

Spasmodic symptoms: marked by stiff spasms, with symptoms such as stiffness of neck and back, trismus, and convulsions.

Da Yao: title of a lost ancient medical book.

口噤: 牙关紧闭, 不能张开。

痉病: 病症名, 以强直性痉挛为其特征性表现。以项背强直、口噤、四肢抽搐、角弓反张为主症。

《大要》古医书名, 已散失。

1. Mechanism.

疾病的机理。

Walking unsteadily.
东倒西歪



Which direction is north?
哪里是北?

Qi Bo says: "All wind diseases with symptoms such as dizziness originate from the liver. 岐伯说, 凡是风病, 摇动昏晕, 都属于肝;

Quick, pound my back!
快, 帮我捶捶!



2. All cold diseases with symptoms such as stiffness originate from the kidney. 凡是寒病, 收引拘急, 都属于肾;

Where?
在哪里?

3. All qi diseases with symptoms such as feeling of oppression in the chest and breathing in difficulty originate from lung. 凡是气病, 喘急胸闷, 呼吸不畅, 都属于肺;



4. All damp diseases with symptoms such as general edema and swelling originate from the spleen. 凡是湿病, 浮肿胀满, 都属于脾;



5. All febrile diseases with symptoms such as dizziness and convulsion of the limbs originate from fire.

凡是热病，神志昏乱，肢体抽搐都属于火；



6. All symptoms such as pain, itch, and hemorrhoids originate from the heart.

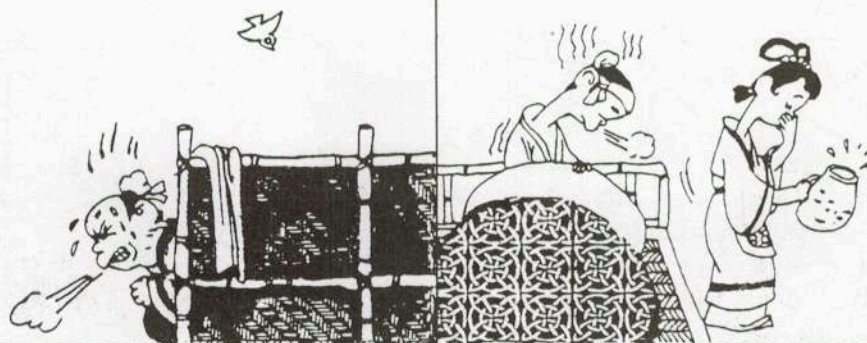
凡是疼痛搔痒疮疡都属于心。

7. All symptoms such as urinary obstruction, constipation and urinary and fecal incontinence originate from the lower energizer.

凡是厥逆，二便不通或失禁，都属于下焦；

8. All flaccidity diseases with symptoms such as rapid respiration and vomiting originate from the upper energizer.

凡是痿病，喘逆呕吐，都属于上焦；



9. All diseases with symptoms such as difficult opening of the mouth, trembling and confusion originate from fire.

凡是口噤不开，鼓颌战抖，神志不安，都属于火；

10. All convulsive diseases with symptoms such as stiffness of the neck originate from damp.

凡是痉病颈项强急，都属于湿；

I...I...
我...我.....

What do you want to say?
你要说什么？



Like a log.
像木头似的。





11. All rising of qi originates from fire.
凡是气逆上冲,都属于火;

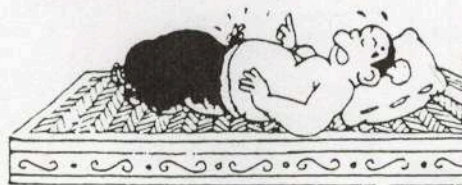
13. All symptoms such as moving restlessly, going mad, and overstepping originate from fire.
凡是躁动不安,发狂超越常规,都属于火;

Mom!
妈呀!

Whoever you
call I'll hit
you!
叫谁,我今天
也揍你!



15. All diseases with symptoms such as a voice like a drum originate from heat;
凡因病有声,叩之如鼓,都属于热;



Look, it's almost like a bass drum.
瞧,跟鼓差不多了。

Oh! I can't move anymore with my full stomach.

哎呀! 肚子胀,好难受,再也走不动了。



12. All fullness of the abdomen originates from heat.
凡是胀满腹大,都属于热;

14. All stiffness originates from wind.
凡是突然发生的强直,都属于风; 哎哟



16. All diseases with symptoms such as swelling, distressed pain, and feeling threatened originate from fire;
凡是浮肿疼痛酸楚,惊骇不宁,都属于火;

My God!
Here comes a
ghost!
哎哟!
鬼来了。



17. All symptoms such as spasm and cloudy urine originate from heat;

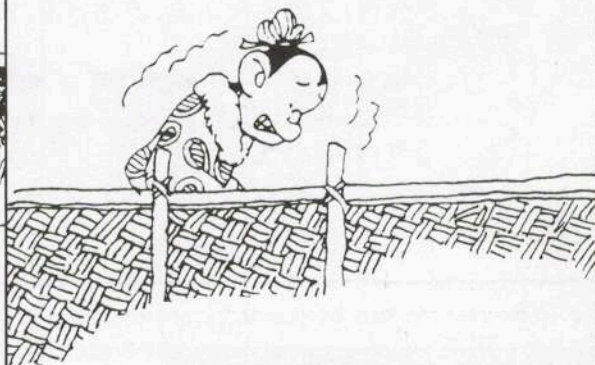
凡是转筋反折，排出的水液混浊，都属于热；



Why is my urine so cloudy?
怎么尿液这样浑浊?

18. All symptoms such as clear and cold urine originate from cold syndrome.

凡是排泄的水液，澄明清冷，都属于寒症；



19. All diseases with symptoms such as vomiting sour water and rapid diarrhea originate from heat.

凡是呕吐酸水，急剧的下利，都属于热。



20. So *Da Yao (Essentials)* told us: We should know the relationship between pathogenesis and various syndromes, inquire into evil and non-evil, and study carefully on sthenic syndrome and deficiency syndrome. This means analyzing which qi is more nourishing, and then promote the flow of qi and blood to make it harmonious and mild.

所以《大要》中说：掌握病机和各种症状的所属关系，有邪、无邪、必须加以推求，实证、虚症，都要详细研究，首先分析五气中的何气所胜，然后疏通其血气，使之调达和畅而归于和平，就是这个意思。



Deficiency of lung-energy: Overexertion, debilitation after an illness, and long coughing spells all can lead to an insufficiency of lung-energy.

Deficiency of liver-energy: A loss of the function of "storing blood."

Deficiency of spleen-energy: A decrease in the transit function.

Deficiency of heart: An insufficiency of heart-energy.

肺气虚: 又称肺气不足, 劳伤过度, 病后体弱, 久咳伤气, 均可导致肺气不足。

肝气虚: 指肝脏精气不足, "藏血"功能失调。

脾气虚: 指脾运化功能减退。

心气虚: 指心气不足。



1. The reasons can be learned from dreams. An insufficiency of qi can make people dream. If coldness of the extremities is severe, pipe dreams will appear.

由梦境可知道这些原因? 所以气虚的厥, 使人妄为梦寐, 厥逆盛极, 则梦多变奇迷乱。



Why did this happen?
怎么会这样呢?



2. A deficiency of lung-energy makes people dream of white and sorrowful things or killing and bloody fighting.

肺气虚, 则梦见白色, 悲惨的事物, 或梦见杀人, 流血狼藉。

3. Over-abundance of metal makes people dream of war.

当金旺之时, 就梦见战争。



4. Deficiency of kidney-energy makes people dream of shipwrecks.

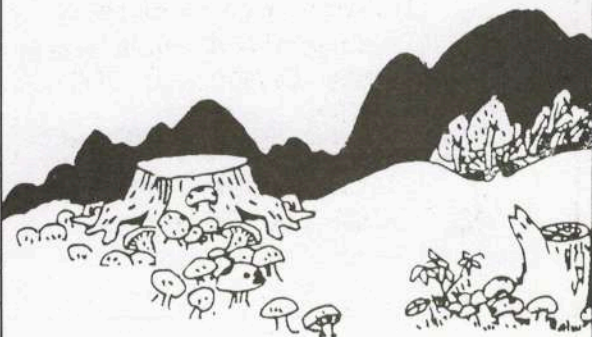
肾气虚, 则梦见船翻人亡。



5. Over-abundance of water makes people dream of meeting terrible things underwater.
当水旺之时, 则梦伏水中, 好像遇到很恐惧的事。



6. A deficiency of liver-energy makes people dream of mushrooms and grass.
肝气虚, 则梦见菌香草木。

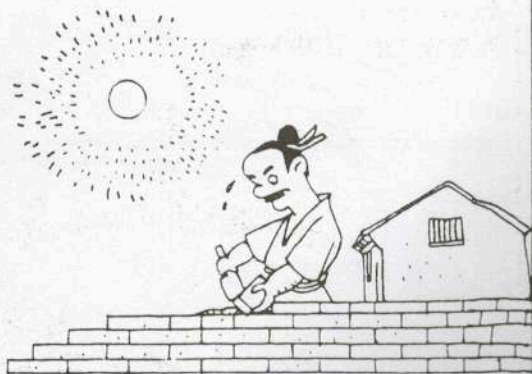


7. Over-abundance of wood makes people dream of lying under a tree, unable to stand.
当木旺之时, 则梦见伏于树下不敢起来。



8. A deficiency of heart-energy makes people dream of firefighting or sun, thunder and lightning. Too much fire makes people dream of fire.
心气虚则梦见救火, 或见到太阳, 或雷电, 当火旺之时, 则梦见大焚烧。

9. A deficiency of spleen-energy makes people dream of a lack of food.
脾气虚, 则梦见饮食不足。



10. Over-abundance of earth makes people dream of continuous house-building.
得其当旺之时, 则梦见做垣盖屋。

Ling Shu (Miraculous Pivot)
灵枢



Nao: bicep muscle.

Shuan: calf muscle.

肱: 上臂内侧肌肉。

腓: 俗称小腿肚, 即腓肠肌。



1. The heart is the seat of Mind. Mind can be hurt by fear, panic, and worrying beyond measure.

Did he have an accident?
不会出现什么意外吧?



心藏神, 恐惧、惊慌、思虑过度就会伤神。

2. If Mind is hurt, the patient will fear and lose his mind.

神被伤, 就表现出恐慌畏惧, 失掉自己的主张。



He is dying.
已经不行了。



3. After a long time, symptoms such as atrophy of the bicep muscle and calf muscle, wan skin with dry and dark hair appears, and the patient will die in winter.

久则肱腓等处高起的肌肉脱陷消瘦, 皮毛憔悴, 色泽枯暗, 会在冬季死亡。

Don't call me.
How annoying!
烦死了, 别理我。

Mom.
妈妈!



4. The spleen stores ideas. Worrying beyond measure without self-control will injure ideas.
脾藏意, 过度忧愁而不能自解就会伤意。

5. If ideas are hurt, symptoms such as a feeling of oppression in the chest, wan skin with dry and dark hair will appear.



意被伤, 就会使胸膈苦闷烦乱, 久则手足不能举动, 皮毛憔悴, 色泽枯暗。

My dear! ...
how can you...
喔喔你怎么就……



6. The patient will die in spring.
就会在春季死亡。

I'm so lonely
since I lost my
wife at mid-age.
中年丧妻, 我好
凄凉。

Papa, I badly miss
Mom.
爸爸, 我好想母亲呀。



7. The liver stores the inferior spirit. Great sorrow influences the internal organs and will harm the inferior spirit.
肝藏魂, 过度的悲哀而动扰内脏, 就会伤魂。

Leave me
Leave me quickly!
快给我走开!



8. The injured soul makes people display wild manners and act oddly.
魂被伤, 就会使人狂妄迷乱而不精明, 言行失常。

9. After a time, symptoms such as flaccid constriction of the penis, stiffness of tendons and pulse, shrunken bones, wan and sallow skin, and dry and dark hair appear, and the patient will die in fall.

久则阴器萎缩, 筋脉挛急, 两肋骨陷下, 皮毛憔悴, 色泽枯暗, 就会在秋季死亡。



Fan Jin: A character in the Qing Dynasty book *The Scholars*. He went mad because he passed the imperial examinations only at the provincial level.

Deficiency of yin: refers to insufficiency of yin type edema. This often strikes tuberculosis patients and is related to functional disorders of the autonomic nervous system.

范进: 中国清代书籍《儒林外史》中的人物。因中举人, 过度高兴, 而发疯。

阴虚: 指阴液不足, 多见于结核病人, 且与植物神经功能紊乱有关。



Oh! I made it!
噢, 我中了!

Fan Jin
范进

1. The lung stores Spirit. Limitless joy can hurt the Spirit.

肺藏魄, 无极限的过度喜乐, 就会伤魄。

I made it!
我中了!



2. The injured Spirit causes people to go mad and become possessed.

魄被伤, 就会形成狂, 使意识丧失, 旁若无人。

3. If not Butcher Hu cured his son-in-law by giving him a slap on the face, Fan Jin would have shriveled skin with dry and dark hair in time.

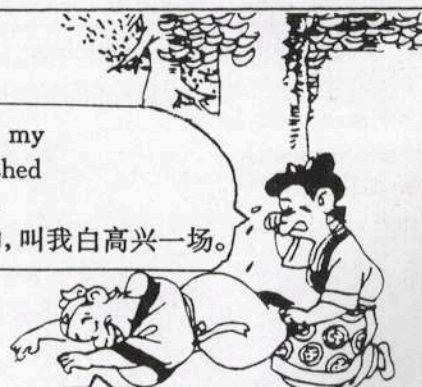


Ha Ha!
嘻嘻……

假若胡屠户未一个耳光治好了女婿的病, 久则皮肤焦枯, 毛发憔悴, 色泽枯暗。

Damn it, my hopes dashed to pieces.

这遭瘟的, 叫我白高兴一场。



I made it! I...
我中了! 我……

4. And he will die in summer.
夏季就会死亡。

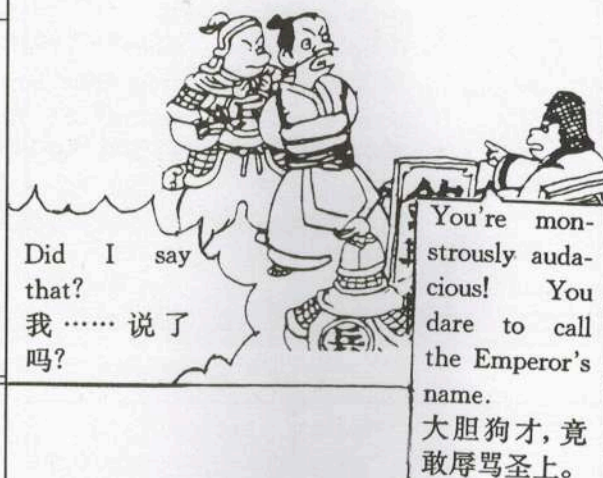
5. The kidney is the seat of concentration and memory. Rage without self-control will injure concentration and memory.

肾藏志,大怒而不能自止,就会伤志。



6. People often forget what they said.

志被伤,就会忘记前面说过的话。



8. Great sorrow can hurt the essence of life.

过度的悲恐而不能自解,就会伤精。



7. If a person can't pitch, bend, and stretch his back freely, and his skin and hair becomes wan and sallow, he will die in summer.

久则腰脊前不能任意俯仰屈伸,皮毛憔悴,色泽枯暗,就会在夏季死亡。

9. People will have aching joints, weak feet, paralysis and cold in their extremities, and at the same time have symptoms such as pollution and emissions.



10. The five organs store energy. If they are injured, energy can't be stored and yin becomes deficient. If so the qi can't flow properly for a long period of time it will lead to death.

由于五脏是主藏精气的,不可损伤,不然精气就散失而不能内守,便成为阴虚,阴精虚就不能化气,久而脏气衰竭,就会死亡。



Defensive energy: part of yang qi. It is strong and can reach every corner, running quickly and lively. As the first line of defence against disease, it has the ability to protect the skin and block external evils.



卫气:是阳气的一部分,其性刚悍,气行迅速活泼,无所不到,它有保卫肌表,抗御外邪的能力。为人体抗病的第一道防线。

1. Qi Bo said that the vital energy of human beings is translated from food and water.
岐伯说:人的精气是由饮食水谷所化生。



The stomach (like an official in charge of a granary) tells the lungs (the prime minister): the amount is up to department standards.

百分比达到部颁标准。



2. Digested and assimilated in the stomach, water and grain become refined nutritious substances and then enter into the lungs and liver.
水谷入于胃中,经过消化吸收,成为精微而传注到肺脏。

How fair it is! Intestines, heart, stomach, spleen and lungs.

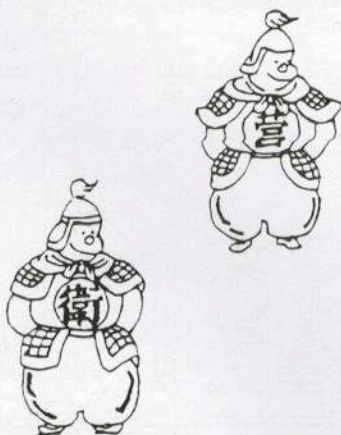
肠、心、肝、胃、脾、肺,真公平啊。

I'll leave a little for myself.
我自己也留一点。

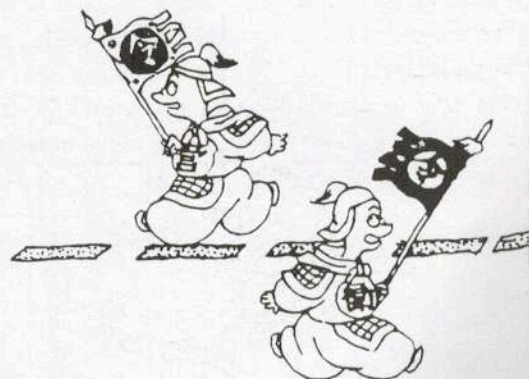


3. So all the organs receive nutrition.
从而使五脏六腑都得到营养物质。

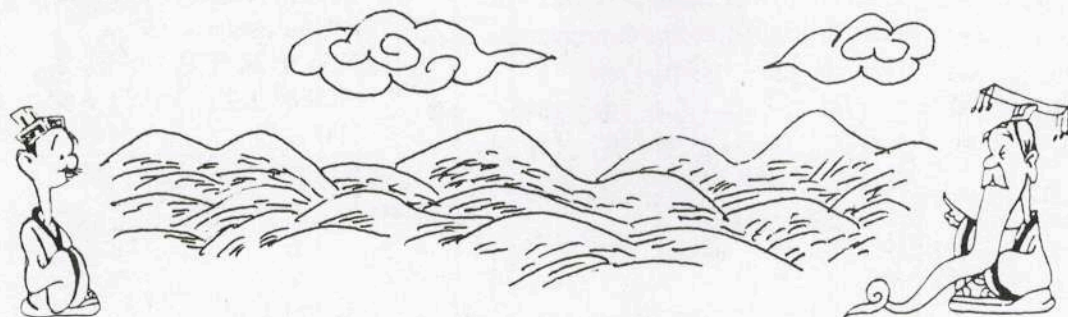
4. The clear portion is called constructive energy, the turbid, defensive energy.
其中清的称为营气,浊的称为卫气。



5. Constructive energy moves through the vessels, defensive energy moves outside the vessels. Both keep moving all over the body.



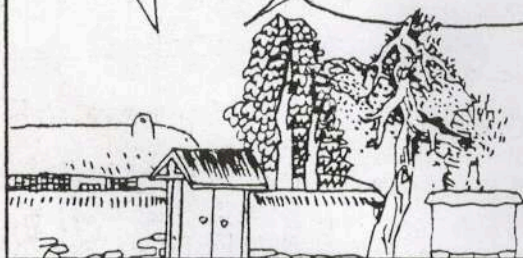
营行脉中,卫行脉外。
二者周流全身,而不休止。



1. The Yellow Emperor asks: "What kind of qi makes the old not sleep soundly at night?"
黄帝问,老年人在夜间不能熟睡,是什么气使他这样呢?

Dear, what time is it?
老头子,什么时候了?

It's the dead of night!?
三更啦!?



2. What kind of qi makes young people not sleep soundly in the daytime?
少壮人,在白天不能熟睡,又是什么气使他这样呢?

It's so strange that I can't sleep during the day.
怪了?白天怎么也睡不熟。



3. Qi Bo answers, "Young people have an overabundance of vital energy and blood, smooth muscles, free flowing qi, so constructive and defensive energies move orderly."

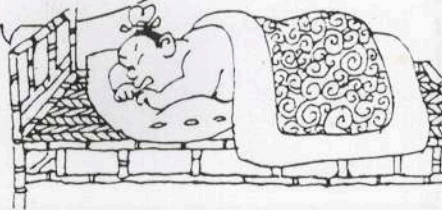


岐伯答道,壮年人的气血盛,肌肉滑利,气道通畅,营卫之气运行正常。

Great power! Excellent!
好力气! 盖啦!

4. They can sleep soundly at night.
夜间也能熟睡。

Z, Z, Z
呼、呼



The condition is very bad. What do you do as prime minister?
情况如此糟糕，你这个宰相是怎么干的？



I can say in all honesty, things have become worse to deal with, and no one will cooperate with me.
天地良心，现在的事越来越不好办了，他们都不肯与我合作。

Lung 肺



5. The old have a deficiency of vital energy and blood, thin and dry muscles and sluggish qi, so the functions of their five organs are not in harmony.
老年人的气血衰微，肌肉瘦消干枯，气道涩滞，五脏机能不能协调。

6. It is difficult to support the whole body for lack of constructive energy.
由于营气衰少，难以供养全身。

Your Majesty is completely right.
皇上明见。

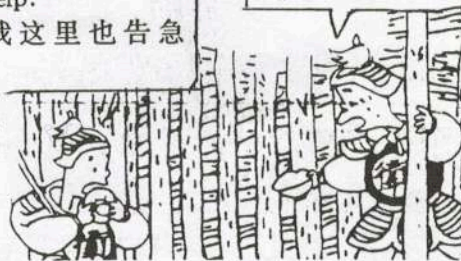
So, there is not 那么，就 enough to 是僧多粥 go round. 少了？



7. Defensive energy often asks the inside for a supplement.
卫气又经常向内争取补给。

My brother, can you give me a little?
老兄再支援一点儿。

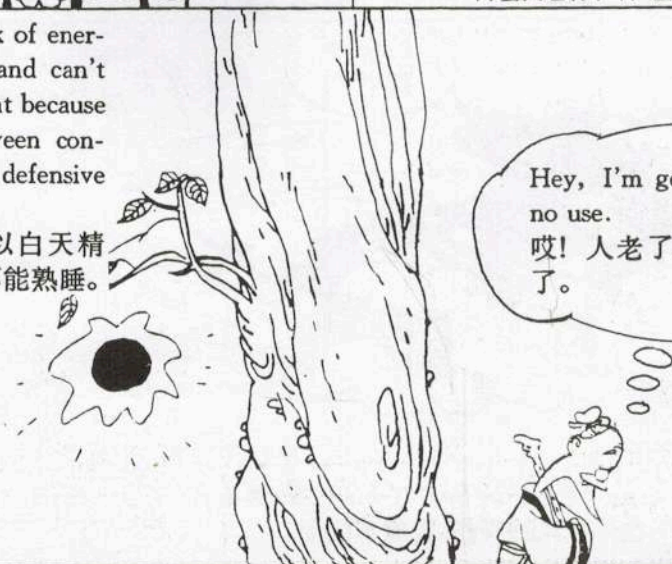
Young fellow, I also need help.
老弟我这里也告急了。



8. People feel a lack of energy during the day and can't sleep soundly at night because of disharmony between constructive energy and defensive energy.

营卫之气失常，所以白天精神不足，夜间也就不能熟睡。

Hey, I'm getting old and of no use.
哎！人老了，越来越不中用了。



Deficiency in the exterior: one of syndromes. Its main symptom is spontaneous sweating. It originates from a deficiency of defensive energy, striation of the skin, and attack of evil wind.

表虚:表症类型之一,以自汗为特点。由机体卫气素虚,腠理不固,风邪袭表而形成。



1. The Yellow Emperor says, "When people eat hot food, they sweat before the food has been translated into energy by digestion and assimilation."

黄帝说,人在热饮食入胃后,还未经消化吸收,化为精气,而身上的汗液就出来了,有的出于面部。

I'm sweating!
我都出汗了!

It's too hot.
好热呀。



My back is completely wet.
后背都湿了。



2. "Some sweat from the face, some on the back, and some over half their body. Why doesn't it move through the line of defensive energies?"

有的出于背部,也有的出于半身,它并不沿着卫气运行的通路而出,是什么原因呢?

I shot it.
打中了!

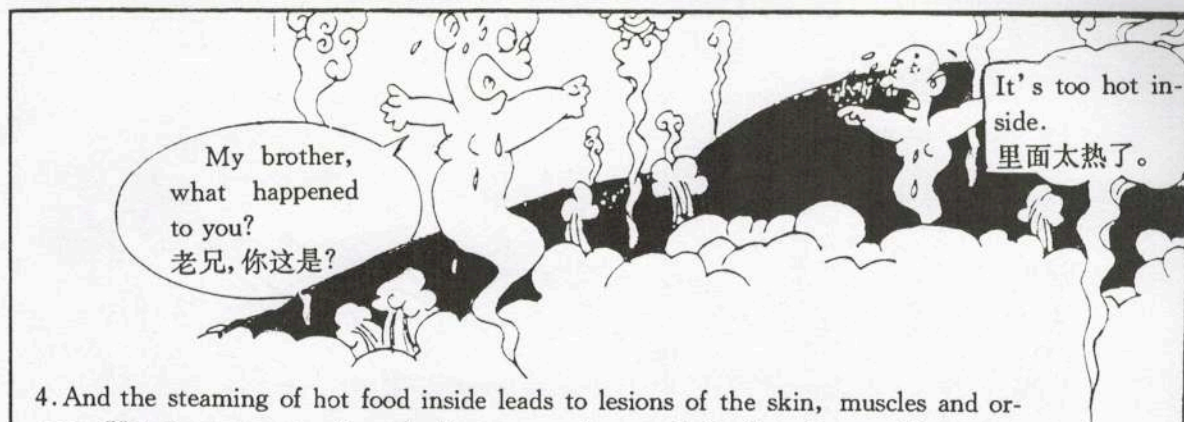


Evil wind.

風邪

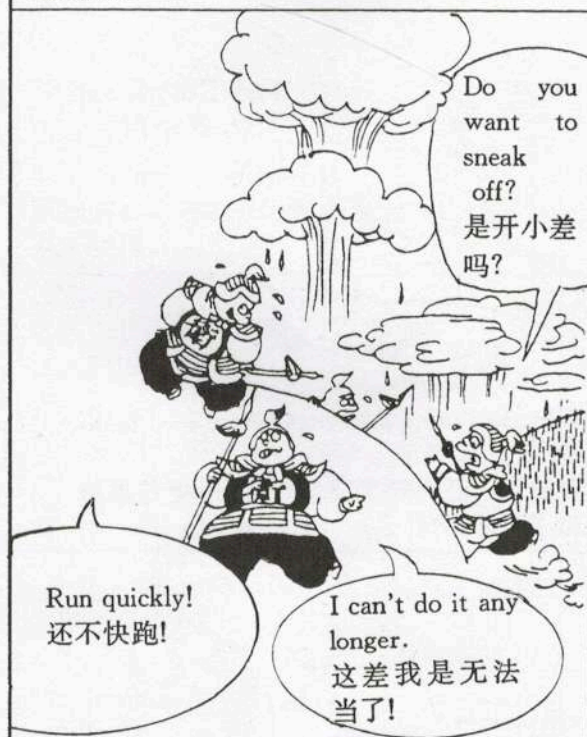
3. Qi Bo says, "Because he is hurt by evil wind on the surface."

岐伯说,这是由于在外被风邪所伤,表虚不能固。



4. And the steaming of hot food inside leads to lesions of the skin, muscles and organs. Hot air evaporates through the pores and sweat leaks from loosen skin, muscles, and organs.

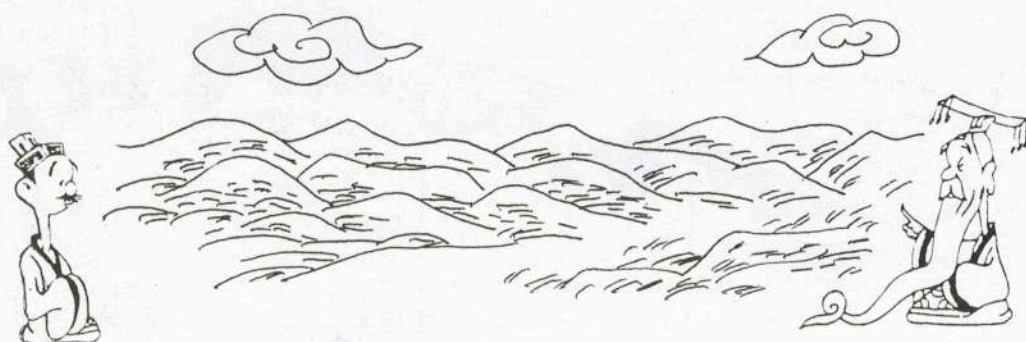
而在内又因热饮食之气的薰蒸,致使腠理开泄,毛孔热气蒸发,汗液就从松弛的腠理外泄。



5. Because defensive energy is strong, smooth, and quick, it goes out wherever it meets a crack.

因为卫气性质慓悍滑利而迅速,遇到肌肤有开泄的间隙,就从此而出。也就不循故道了。

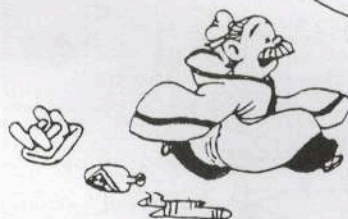




... Oh, good drinking.
..... 嘖, 好酒。

1. The Yellow Emperor asks, "When people eat and drink wine, the food and wine enter the stomach together."

黄帝说, 人喝了酒, 酒与食物同时入于胃中。



My! I'm pissing!
不好, 走肾了!

2. Why does urine pass first before food is digested?

但食物还未经胃的腐熟消化, 而小便却单独先排了出来, 为什么?

Get out of my way!
Get out of my way!
快快让路! 快快让路!

Water
水

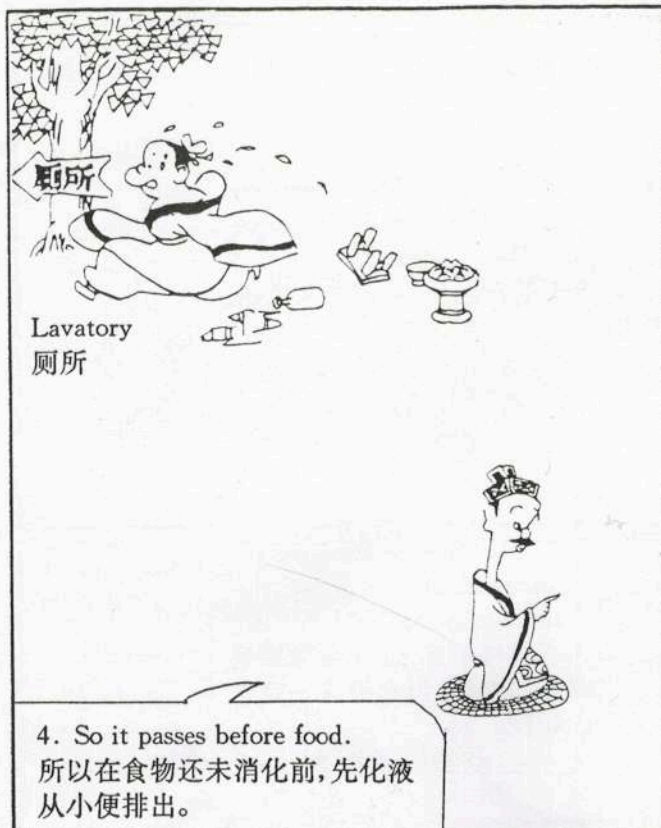


You go first!
You go first!
你先走! 你先走!

Food
谷

3. Qi Bo answers, "wine is formed from the fermentation of food and water, its smell is strong, and it is smooth and quick."

岐伯回答说, 酒是水谷发酵以后酿成的液体, 它的气味慄悍滑利而迅速。



Primordial energy: also known as vital energy. The qi derived from the congenital essence, acting as the primary motive force for life activities.

元气:也称原气,禀受于先天而赖后天荣养滋生,系由先天之精所化,故名。是为生化动力的来源。



2. For these people, we can accommodate them by certain limitations.

像这样的病人,虽可采取通融的办法,但必须有一定的限度。

1. The Yellow Emperor says, "How can we properly deal with people who don't follow the doctor's advice?"

黄帝问,对不能顺从医嘱的人,当怎样处理最为适宜呢?



3. For example, they must keep warm and eat the proper food.

例如吃东西和穿衣服,也都要保持适当的寒温才好。

Well, the cloth you selected is all right. 嗯,不寒不热你选的衣服还好!



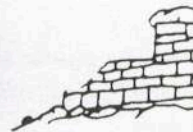
4. The patient who is not feeling cold wants cold. This must be avoided or it will chill him to the bone.

不应寒的而病人偏要寒,只宜微寒,绝对不应该到凄冷彻骨的程度。

I'm dying of cold! 冻死我也!

Don't you always shout it's too hot!

冻冻吧! 你不是老嚷热吗!



5. The patient who is not feeling hot wants hot. This must be avoided.
不应热而病人偏要热, 只宜微热, 绝对不应使他过分受热到出汗的程度。



6. Especially with food.
特别是在饮食方面。

7. The food should not be hot as fire.
热的切不可像火烧那样烫灼。



8. The food also shouldn't be too cold.
寒的又不可以冷得太甚。

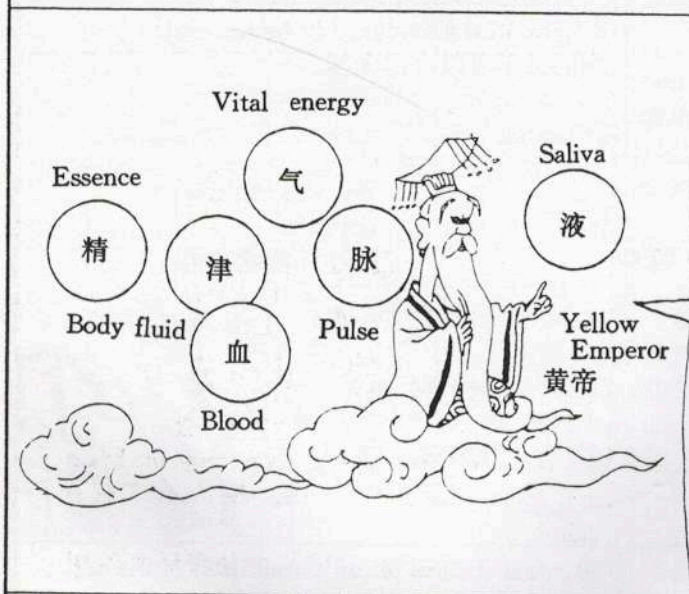
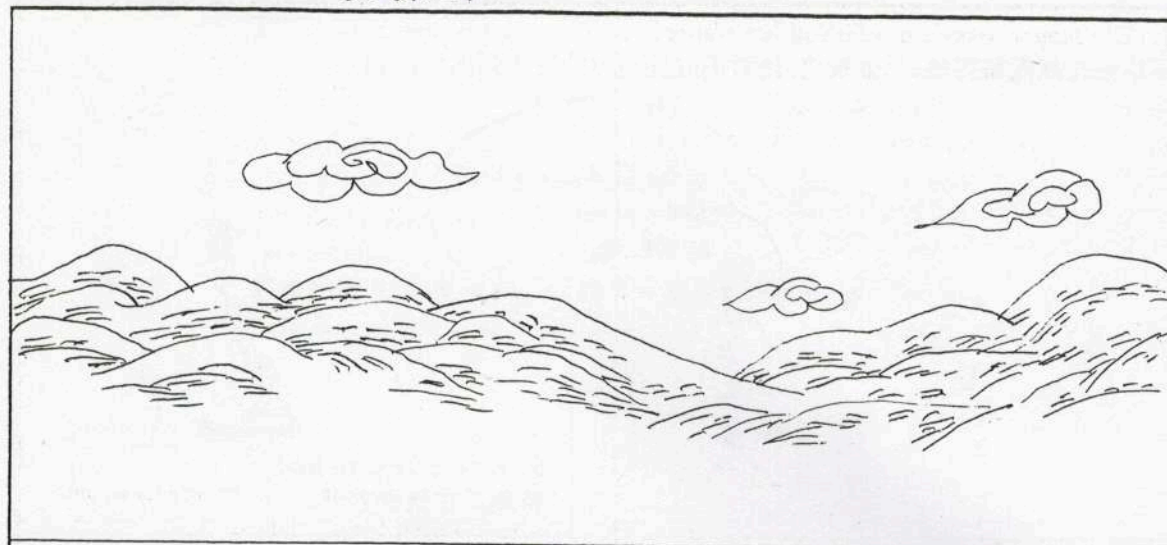


9. If cold and heat meet the proper standard, the primordial energy can command inside and outside abundantly.
如果寒和热能够符合中和而适当的标准, 则元气就可统率内外而维持不衰。



10. And the evil qi can't avail itself of the opportunity to get in.
也就不致于被一切不正的邪僻之气乘虚而入。





1. The Yellow Emperor says, "I heard that human beings have the essence of life, qi, and body fluid, blood, and blood vessels. I thought they are all the same. Why do you give them six different names?"

1、黄帝说，我听说人有精、气、津、液、血、脉，我以为它是一气，现在却分别为六个名称，我不懂为什么要这样分？

2. Qi Bo says, "The mating of male and female breeds new shapes. The original matter before the new shape is formed is called the essence of life, also the zygote."

岐伯说，男女交合，便会孕育成新的形体，构成新的形体之前，这种原始物质就叫精。也叫合子。

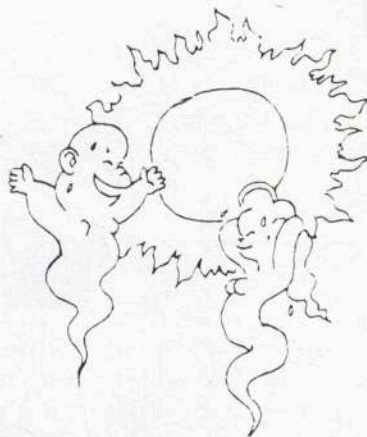


Qi Bo 岐伯

3. The upper energizer refines food and water, spreading all over the body to warm the skin, support the body, and grow hair like mist and dew irrigating grass, this is called qi.

上焦把水谷精微，宣散到全身，以温煦皮肤，充养身体，滋润毛发，像雾露灌溉草木一样就叫气。

the upper energizer

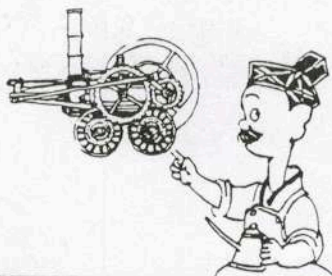


4. The sweat, dispersed from the skin and muscles is called body fluid.

腠理发散宣泄所出的汗叫津。

5. The refined nutritious substances translated from water and grain in the stomach spread all over the body. The thick and velvety part permeates to the bones to make the joints bend and stretch freely.

水谷入胃，化生的精微之气充满全身，浊稠滑腻部分渗透到骨，使骨骼关节屈伸滑利。



This machine is like a brain.

这电机就相当于人的脑。



6. The part reaching the brain tones the brain and spinal cord and smoothes the skin. This is called body fluid.

注入脑，补益脑髓，并能使皮肤润泽的就叫液。

7. Assimilating the refined nutritious substances of water and grain, the red fluid originates from the middle energizer and is called blood.

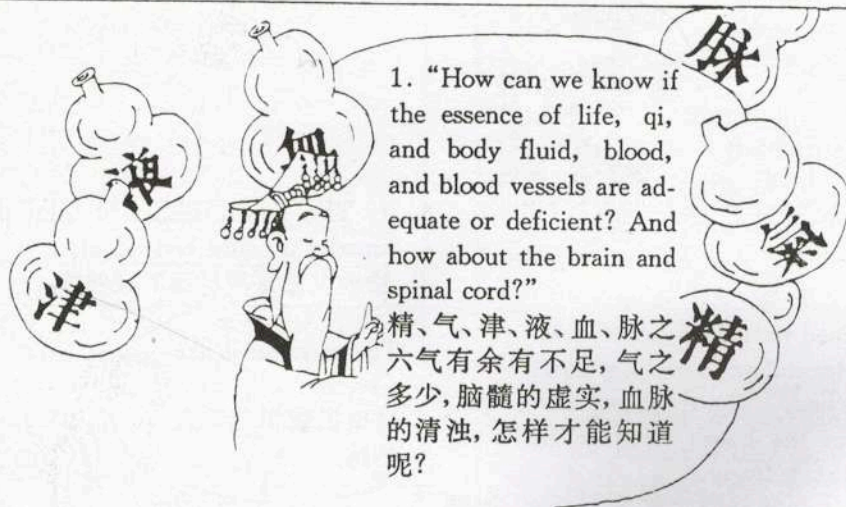
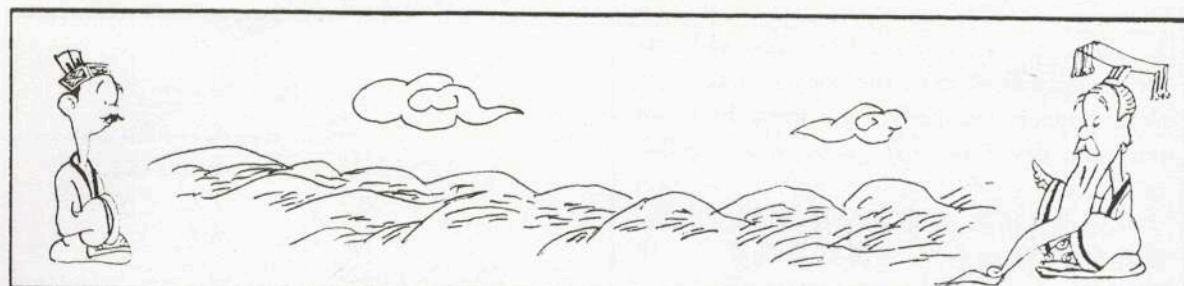
中焦接受水谷取其精微变化为赤色的液体就是血。



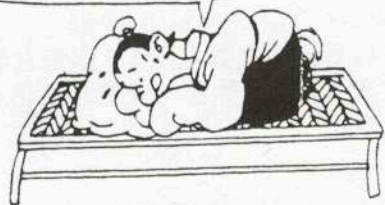
Pedestrians and cars each go their own way. 行人车辆各行其道。



8. Controlling constructive energy and making it move along certain lines is called the pulse. 约束营气使它按一定轨道运行，不使外溢就叫脉。



My dear -!
哎哟—!



Mosquito bites?
Seems not.
是蚊子吗? 不像。



4. With a deficiency of fluid, people can't bend and stretch their joints freely, they look haggard, haven't enough brains, or mental energy, and often have leg and ear aches.
液虚的人,会出现关节屈伸不利,面色枯槁,脑髓不充实,脑力不足,腿胫发酸,时常耳鸣。

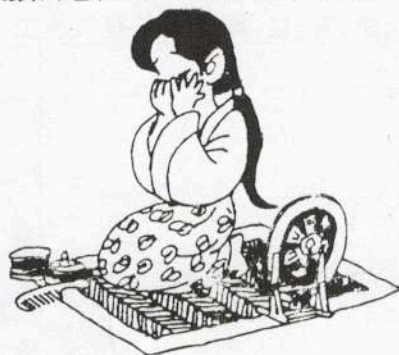
5. With a deficiency of fluid, people have symptoms such as skin lesions and perspiration.

津虚的人,则肤理开泄,大量出汗。



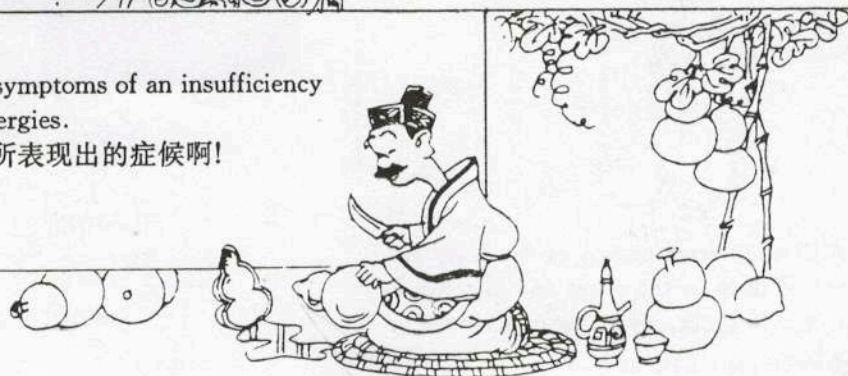
6. With blood deficiency, people have symptoms such as pallid complexion, rough skin, and an insufficiency of blood vessels.

血虚的人颜面苍白而不泽润,脉道也空虚不充。



7. These are the symptoms of an insufficiency of the six vital energies.

这就是六气不足所表现出的症候啊!



1. The six vital energies.
六气的主次是这样的。



2. The essence of life, qi, and the body fluid, blood and blood vessels, are in charge of different organs.

精、气、津、液、血、脉六气各有其所主之脏。



Stomach
胃

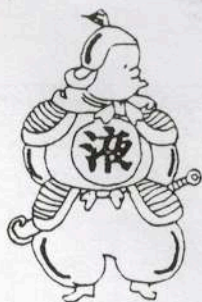
3. They are equally important and depend on food, processed by the stomach, to be translated into vital resources.

它们不分主次尊卑，均可作为五脏的固定主属。唯饮食与胃是它们化生的源泉。



Dinner is almost ready.
Please take some appetizers.

饭菜马上就好，
先吃点点心吧。



4. The internal organs of the body are stored deep in the chest and abdominal cavity in order, like treasures stored in a box.

五脏六腑深藏在胸胁与腹腔之内，好像珍贵的物品收藏在匣匮之中各有一定的次第。



Blood
血

Pulse
脉

Shanzhong: 1. The central part of the chest, between the two nipples, and
2. also the name of an acupoint.

膻中: ①指胸部两乳房间的部分
②穴位名。



Shanzhong, the gathering place of vital-energy, is called the sea of qi.
膻中是气的汇聚之处,称为气海。

1. The Yellow Emperor asks, "How is things going when four seas are normal or not?"
黄帝问,所谓四海的功能之正常与否,情况是怎样呢?



Qi Bo answers, "Sufficiency of sea of qi shows abundance of evil qi. People often feel fullness in chest, worry with gasp and are red in face."

岐伯说,气海有余为邪气盛,便会出现胸中气满,烦闷喘息,面部发红。



2. Insufficiency of sea of qi is deficiency of lung-energy with symptoms such as gasping for breath and speaking weakly.

气海不足,是肺气虚,便会出现呼、喘短弱,语言无力的症状。

3. The twelve meridians, the gathering places of blood, are called the sea of blood. Too much of a sea of blood makes people feel swollen and they anger easily, but they don't know what's wrong with them.

十二经脉是血的汇聚之处称为血海。血海有余会自觉身体重滞胀大,烦躁易怒而不知其病在何处。



What's wrong with me?
这是得了哪种病?

4. An insufficient sea of blood makes people feel thin, empty, and uncomfortable. What's wrong with him?

血海不足,便自觉身体空虚瘦小,紧郁不舒,他的病在何处?

5. The stomach; the gathering place of food, is called the sea of water and grain. Too great a sea of water and grain makes people feel swollen.



Papa, your belly is like this drum.
爸爸的肚子真像这面鼓。

Don't make fun of me.
休得取笑!

胃是饮食汇聚之处,称水谷之海。水谷之海有余便会出现脘腹胀满。

6. A deficiency of sea of water and grain makes people hungry, but they don't feel like eating.

水谷之海不足, 则虽然感到饥饿, 但吃不下东西。



7. The brain, the gathering place of brain and spinal cord, is called the sea of marrow. Too much of this sea of marrow makes people feel lighter and stronger than common people.

脑是髓的汇聚之处, 称为髓海。髓海充足身体便会轻松有力, 超越常人。



8. An insufficiency of the sea of marrow makes people giddy and dazzled, with ear ache and pains in the legs as they stand unstably and watch unclearly.

髓海不足, 就可出现自觉头脑旋转、耳鸣、腿酸、眩晕及站立不住, 看不清东西。



9. People are often in low spirits and want to sleep.

精神萎靡不振而只想睡觉。

What happened to you? So slack!
你这是怎么了, 老没精打彩的?

Don't bother me. How annoying!
别理我, 烦着呢!



Jueqi: counter energy, refers to certain secondary etiologies in general.

厥气: 逆乱之气。泛指一些继发性病因。

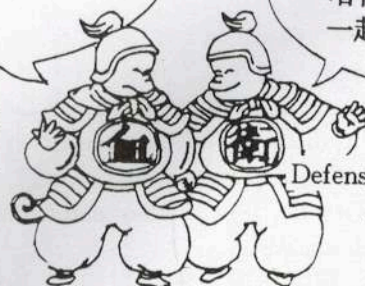


1. The Yellow Emperor asks, "How does swelling come into being? What's the reason?"

黄帝问道, 胀是怎样产生的, 是什么原因引起这种病的呢?

Where are you going?
你去哪儿?

Blood
血



Defensive energy
卫

Let's go together.
咱们俩同路, 一起走吧。

2. Qi Bo says, "In general, defensive energy should move together with blood within the body, going down among the muscles."

岐伯说, 卫气在体内运行, 正常时是与血脉同行, 循行于分肉之间。

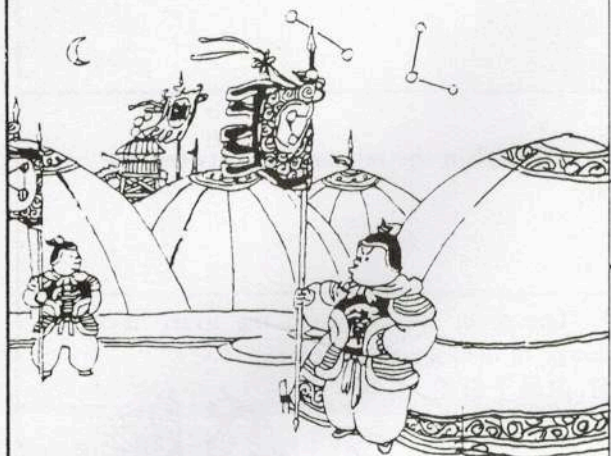
3. Defensive energy moves on yang in daytime, on yin at night, accompanying the constructive energy of the blood vessels. Only by paying attention to this can people keep fit.



它昼行于阳, 夜行于阴, 伴随脉内营气, 出入顺逆有一定的规律, 注意了这些, 就能与四时相应, 保持健康。

4. Constructive and defensive energies are injected into the five internal organs.

营卫之气在内输注五脏。



5. They fit the four seasons, go out step by step, refine the nutritional substances of food, and tone the human body.

在外适应四时, 循序出入, 生化饮食精微, 营养人体。



You rascal! Get out of my way!

何方毛贼, 速速让路!



6. If counter energy influences the normal movement of constructive and defensive energies, cold qi will rise up. When cold evil qi attacks, swelling diseases come into being.

如果厥气在下, 影响营卫气的正常运行, 寒气自下上逆, 真气与寒邪相攻, 两气相搏, 就形成了胀病。

Chinese medicine considers that the five sense organs communicate with the five internal organs. So the nose is the lung organ; the eye is the liver organ; the lips are the spleen organ; the tongue is the heart organ; and the ear is the kidney organ.

在中医认为：人的五官是与五脏相通的，因此鼻为肺官，目为肝官，口唇为脾官，舌为心官，耳为肾官。

1. The Yellow Emperor says, "I hope you will explain the relationship between the five sense organs and the five internal organs."

黄帝说，希望你讲解五官与五脏的关系。

2. Qi Bo replies, "The nose, belonging to the lungs, is in charge of breath."

岐伯说，鼻，内属于肺脏，是司呼吸的器官。



Lung
肺

3. The eyes, belonging to the liver, is in charge of distinguishing colors.

目，内属于肝脏，是辨五色的器官。



Liver
肝

4. The lips, belonging to the spleen, is in charge of receiving water and cereals.



Spleen
脾

口唇，内属于脾脏，是受纳水谷的器官。



Heart
心

5. The tongue, belonging to the heart, is in charge of distinguishing flavors. 舌，内属于心脏，是辨五味的器官。



6. The ear, belonging to the kidney, is in charge of hearing."

耳，内属于肾脏，是司听觉的器官。



Kidney
肾

Qingfeng: refers to spring wind. In Chinese medicine, this refers to bluish glaucoma, characterized by a light pain in the head and eyes, a small decrease in vision, and light green in the pupils.

青风:在此书中指春风,在中医中指青风内障的简称。此病表现为头眼胀痛,但不严重;视力下降,但不显著;瞳孔区呈淡青色,类似于青光眼的前期。



1. The Yellow Emperor asks Shao Yu, "If a group of people who are the same age and wear the same clothes, walk together and meet a sudden heavy wind and rainstorm...."

黄帝问少俞,假如有几个人在这里一同行走,他们的年龄是相等的,所穿衣服的薄

厚也是一样的,一旦猝然遇到了烈风暴雨……

The weather was fine a second ago.
刚才天气还好好
的呢。

Quick! Run!
快跑!



2. Some get sick, some do not.
有的生病,有的不
生病…… ??

I became ill as soon as
I returned yesterday.
昨天一回来就病了。



3. Sometimes all the people
fall ill and sometime none do.
What's the reason?
或者都生病,或者都不生病,
那是什么缘故?

What's the
reason?
什么缘故呢?



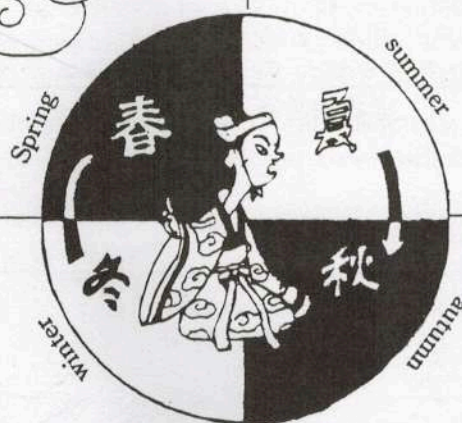
4. Shao Yu says, "In spring the breeze is in season."

少俞说,春季当令的是青风;



5. In summer the warm wind is in season.

夏季当令的是阳风;



7. In winter the cold wind is in season.

冬季当令的是寒风;

8. In autumn the cool wind is in season."

秋季当令的是凉风。



9. Wind in the four seasons influences the human body and leads to different diseases for different people under different conditions.

这四季的风,影响到人体时,所发生的疾病,往往随着形体的强弱,受病的情况,是各有不同的。

Shao Yu: the Yellow Emperor's minister. He had conversations with the Yellow Emperor about the Five Circuit Phases and the Six Atmospheric Influences in the *Yellow Emperor's Canon of Medicine*.

少俞: 黄帝的臣子, 在《内经》中与黄帝有关于运气方面的问答。



1. The Yellow Emperor asks, "What kind of people most easily get ill when they feel the wind of the four seasons?"

黄帝问, 感受四季不同的风, 哪一种人最易生病呢?



2. Shao Yu answers, "People of yellow color, with thin skin and weak muscles can't bear the wind in spring."

少俞说, 色黄皮薄而肌肉柔弱的人, 经不起春季反常的风。



Mom, why does your face look so bad?

妈妈, 你的脸色怎么这样了?



I'm ill from the wind.
妈妈让风吹病了。

4. "People of green color, with thin skin and weak muscles can't bear the wind in autumn."

色青皮薄而肌肉柔弱的人, 经不起秋季反常的风。



3. "People of white color, with thin skin and weak muscles can't bear the wind in summer."

色白皮薄而肌肉柔弱的人, 经不起夏季反常的风。



5. "People of red color, with thin skin and weak muscles can't bear the wind in winter."

色红皮薄而肌肉柔弱的人, 经不起冬季反常的风。

Wind-cold illness: A syndrome caused by an attack of wind and cold in combination. Marked by light fever, headache, clogged nose, sneezing, a thin and white coated tongue, and a floating and tense pulse.

风寒病: 风与寒两种病因相结合引起的病症。主要表现为恶寒重, 发热轻, 头身痛, 鼻塞流涕, 舌苔薄白, 脉浮紧。



1. The Yellow Emperor says, "Do people of a dark color never get ill in the four seasons?"
黄帝问, 色黑的人, 在四季中就不会生病吗?

2. Shao Yu answers, "Generally speaking, dark and thick skin and strong muscles are symbols of a strong constitution, so the wind of the four seasons can't hurt them."

少俞说: 皮肤色黑而厚, 肌肉坚实, 一般是健强的征象, 所以不会被四季的风所伤。



Mom, you always change your face. You're really a thousand-face person.

妈妈, 你的脸色老是变, 真是个千面人。



3. If the skin is thin and the muscles weak, skin color will be changeable.

倘皮肤瘦薄, 肌肉也不坚实, 肤色经常变化不定.....

My boy, Mom is not feeling very well. Go play with grandma.

孩子, 妈妈不舒服, 去跟奶奶玩吧。



4. In summer, people will become ill when they meet an unusual wind.

到了长夏遇到反常的风, 也会生病的。

5. If people with thick skin and strong muscles meet an unusual wind in summer, they won't get sick.

Look at our crops!
您看咱们的庄稼!

Good harvest!
好年景啊!



如果他的皮肤厚, 肌肉坚实, 即使到了长夏, 遇到了反常的风, 仍不会生病的。

6. But when these people meet an unusual wind...

可是像这样皮厚肉坚的人, 如果遇到了反常的风侵袭……



Unusual wind.
反常的风。

7. And they feel the cold evil, they can't avoid getting ill.

又重复感受了寒邪, 因为体表和体内都受了伤, 于是不免生病了。



Cold evil
寒邪

8. It's unexpected. I got the wind-cold illness.
想不到我也会受风寒病。



Correct analysis.
分析得真对。



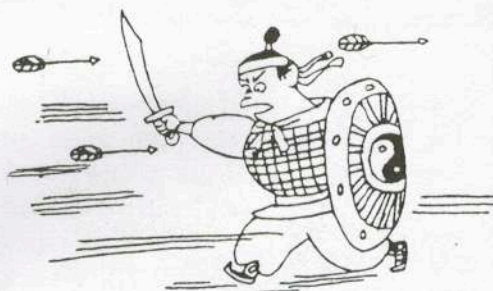
1. Distinguishing people who can bear the pain or not depends not only on bravery or timidity.

关于一般人的能忍痛和不能忍痛,并不是单从勇敢和怯弱两方面来分别的。



2. Some warriors can't bear the pain while in the face of danger, but they still can advance bravely without any fear.

勇士之中有不能忍痛的,见到困难,则勇往直前,毫无恐惧。



I'm dying of pain!
痛死我了!

Please bear it a little, ok.
忍着点儿好吗!
...



3. But they may hesitate to press forward in the face of pain.

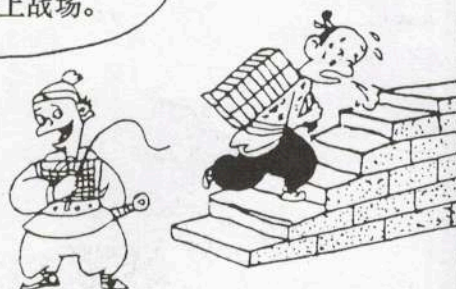
但遇到疼痛,反会畏缩不前。

4. Some timid people are able to bear pain in the face of difficulties frightening.

而在怯士中有能忍痛者。听说有困难,就恐惧不安,遇到疼痛,却反会不动声色。

This guy never fears hard labor but he is afraid of battle.

这小子不怕服苦役,就是不敢上战场。



1. Some warriors can bear both difficulties and pain.

勇士中有能够忍痛的,在困难面前即无恐惧,遇到疼痛也不动声色。

The operation
is over.
手术完成了。



2. Some timid people fear difficulties as well as pain.

而怯士之中有不能忍痛的,见到困难,遇到疼痛,就会吓得两目晕花,不敢直视。

"I'd better not." Bam!
咚!

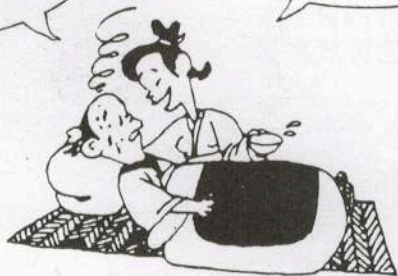


3. And they are too afraid to speak, they palpitate with fear and their face changes. It looks like they just return from death.

且又恐怖到不能言语,神气散荡,惊悸不宁,脸色也变化无常,恐慌得像猝死还生的样子。

I'm still
alive.
我还活着。

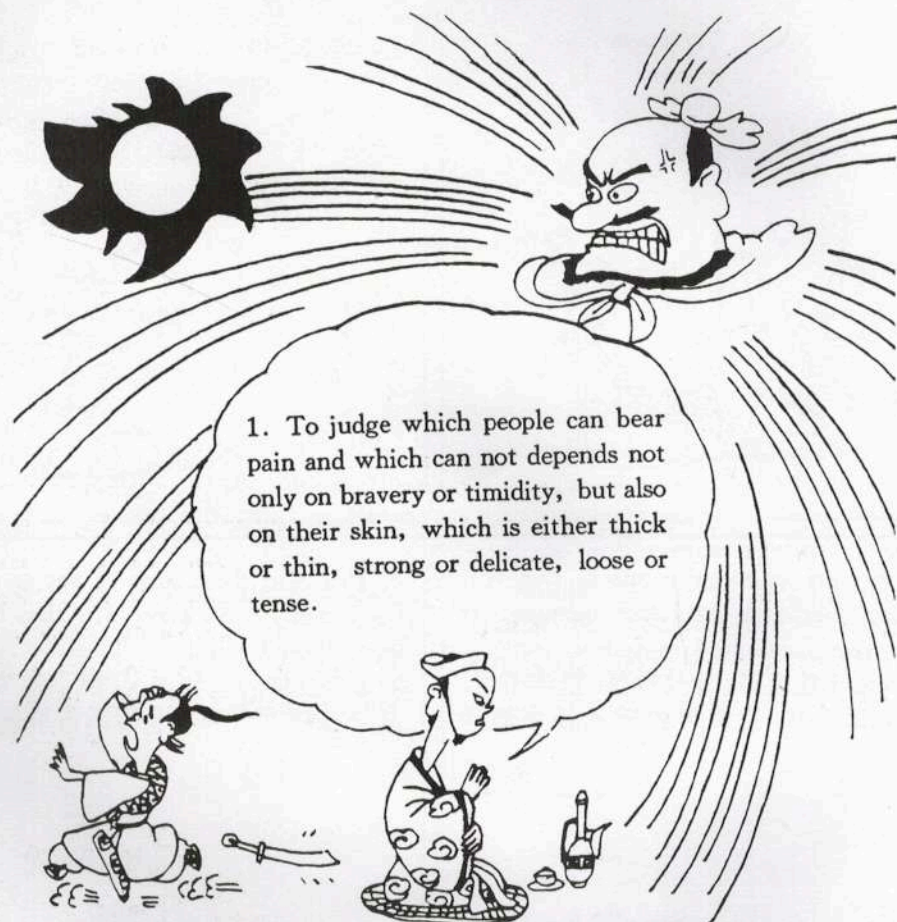
Sorry, I broke
the pot.
我不小心,把盆掉了。



4. I've seen these kind of people and conditions, but I don't know why they behave that way. Would you like tell me the reason?

我看到这样的人和情况,但不知为什么会如此,希望你能把其中的缘故讲给我听。





关于忍痛和不能忍痛的两种情况，主要是由于皮肤有薄有厚，肌肉有坚有脆，以及弛缓和紧张的分别来决定的。当然不能单凭勇敢和怯弱来说明。

1. "Would you like to tell me why some are brave and some not?"

希望你把人的性格,为什么会有勇敢和怯弱的道理讲给我听。



2. Shao Yu says, "Warriors always have towering eye sockets and deep-sunken eyeballs; they watch firmly and fixedly with arched eyebrows and a straight, bright line of sight."
少俞说,勇士这类人,目眶高耸,眼珠深凹,视物坚定牢固,眉毛坚起,视线直对而露光。



3. They are rough-grained in a horizontal way, have healthy hearts, big and strong livers, and are full of bile.

皮肤肌肉的纹理粗疏,像横生一样,他的心脏正常,肝脏大而坚实,胆汁充足,胆囊饱满而有向四旁扩张的样子。



4. When they get angry, they often behave in an imposing manner. Their liver-energy rises up and they abound with gallbladder-energy. Their eyes become big and bright, their hair erect, and their face takes on a green hue. The strong functions of their heart, liver, and gallbladder determine their character.



在发怒时,气势雄壮而胸廓张大,肝气上举,胆气横溢,眼睛睁得很大,像在裂开一样。目光四射,毛发竖起,面现青色。这些就是由于心、肝、胆的功能健强,是决定勇士性格的基本原因。

1. "Would you like to tell me the nature of timidity and the reasons for it?"

希望你再把怯士的性格及其怯弱的原因讲解一下。



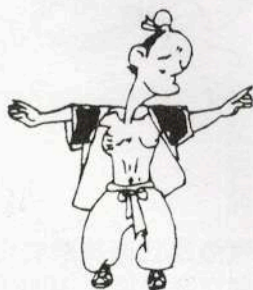
2. People with a timid character have big, spiritless eyes and can't move them quickly. 性格怯懦的人, 眼大而无神, 眼睛的转动不很灵活。

"Are you referring to me?"
这是说我呢?



3. They have a disharmony of blood and vital energy, slack muscle tone, and short and small protruding ribs and sternum.

血气失于协调, 肌肉的纹理, 纵而不横, 弛缓而松, 胸骨剑突的形态也短而小。



4. They are also characterized by a faulty liver system, a lack of bile, a long gallbladder, and thin and weak intestines and stomach.

肝系松弛, 胆汁不充实, 胆囊有长而下垂的样子, 肠胃瘦细, 直而少有曲折。



1. Liver qi is needed for raging anger.
肋下的肝气不充, 虽然在大怒发作时候, 愤
气也不能充满胸中。



2. And the qi rises as anger increases.
肝肺之气, 即使有冲动而上举……

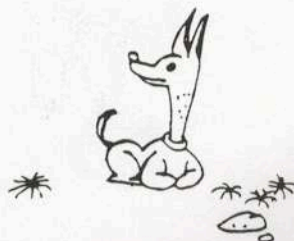


3. For some people, the liver and lung qi then
quickly goes down, so there is not enough for
all-out anger.
但其气随即下衰, 仍复下散。



It's so
disappointing!
真差劲儿。

4. So timid people can't stay angry. This de-
termines their character.
所以不能持久发怒, 这就是决定怯士的性格
的基本原因。



1. When drinking, timid people act like brave people when they get angry.

怯弱的人喝了酒，一激动怒，气壮胆大，不知避忌，像勇士一样。

I dare not,
dare not.
不敢了，
不敢了。

Dare you
abuse me?
再骂一句我听听!



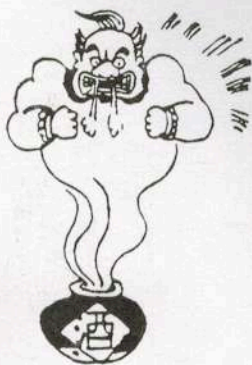
2. What makes him behave in that way?

这是哪一桩的功能使他会这样呢?



3. Alcoholic drinks are the cream of water and grain, originating from fermented cereals, they are strong and violent.

酒是水谷之精华，是谷类经发酵后而成的汁液，它的性气慍悍猛急。



4. After the wine enters the stomach, it fills the stomach and qi rise up to the whole chest.

当酒液进入胃中之后，就会促使胃部胀满，气向上逆，而充满胸中。

You dog's
dung!
臭狗屎!



1. At the same time, liver-energy flourishes and floats and gallbladder-energy becomes strong and spreads.
同时也会使肝气盛而浮动,胆气壮而横溢。



Why did you abuse me?
你骂我什么来着?

2. When he is drunk he behaves like a warrior.

在酒醉的时候,他的言行举止,会像勇士一样勇敢,毫无顾虑。



Spare my life!
饶命——

3. He will greatly regret what he did when he wakes up.

但到酒醒之后,自己也会觉得懊悔不及。



Uncle, I'm so sorry for yesterday...
二大爷,昨天太难为情了……

4. Although he acts like a warrior, it is just the effects of drink.

这种情况,表现上虽可与勇士同样地勇往直前,不知避忌,其实是叫作酒悖。

The inspiration of wine makes him act in a way contrary to custom.
受了酒的刺激,才使他的行为悖逆的。

Forget it.
罢了。



1. "Can you tell me the five kinds of food flavors?
饭食五味, 可以告诉我吗?"



2. Bo Gao answers, "Of the five kinds of cereals,
伯高说: 在五谷中:

polished round-grained
nonglutinous rice is
sweet,
粳米味甘,



sesame sour,
芝麻味酸,



bean curd salty,
大豆味咸,



millet pungent,
黄黍味辛,



and wheat bitter."
麦的味苦。

3. Of the five kinds
of fruits,
在五果中,

plum sour,
李子味酸,

chestnut salty,
栗子味咸,

Let me explain in
detail.
请容我详细地说明
一下。

and peach
pungent.
桃子味辛。

the Chinese
date is sweet,
枣子味甘,

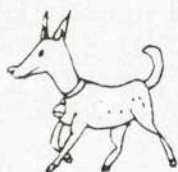
apricot bitter,
杏子味苦,



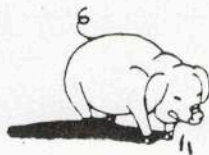
1. Of the five domestic animals, beef is sweet.
在五畜中:牛肉的味甘。



2. Dog meat is sour.
狗肉的味酸。



3. Pork is salty.
猪肉的味咸。



4. Mutton is bitter.
羊肉的味苦。



5. Chicken is pungent.
鸡肉的味辛。



6. Of the five kinds of vegetables,
在五菜中:



edible mallow
is sweet.
葵菜的味甘。

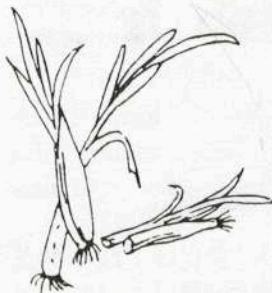
7. Chinese chive is sour.
韭菜的味酸。



8. Bean leaf is salty.
豆叶的味咸。



9. Chinese onion is pungent.
葱的味辛。



10. Wild garlic is bitter.
野蒜的味苦。





Five kinds of food suitable for the five internal organ diseases, attributing cereals, meat, fruits and vegetables to the five elements for treatment.

五宜:是把谷、肉、果、菜等类食物归属于五行,用于治疗的一种说法。

1. People with spleen disease should eat sweet polished round-grained nonglutinous rice, beef, Chinese dates, and edible mallow.

所谓五宜,就五色五味结合来说,如患脾病的人,宜食属于甘味的粳米饭、牛肉、枣子、葵菜。



2. People with heart disease should eat bitter wheat, mutton, apricots, and wild garlic.

患心病的人,宜食属于苦味的麦、羊肉、杏子、野蒜。



3. People with kidney disease should eat salty soybean sprouts, pork, chestnuts, and bean leaf.

患肾病的人,宜食属于咸味的大豆芽、猪肉、栗子、豆叶。



Sesame
芝麻



Dog meat
狗肉



Plums
李子



Chinese chives
韭菜

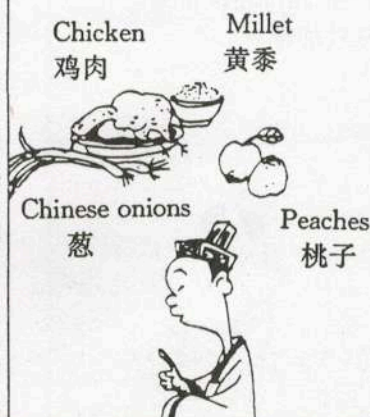


4. People with liver disease should eat sour sesame, dog meat, plums, and Chinese chives.

患肝病的人,宜食属于酸味的芝麻、狗肉、李子、韭菜。

5. People with lung disease should eat hot millet, chicken, peaches, and Chinese onions.

患肺病的人,宜食属于辛味的黄黍、鸡肉、桃子、葱。



1. Diseases of the five organs have contraindications for five kinds of flavors.
五脏之病,对五味各有禁忌。

2. Pungent flavor is contraindicated for liver disease (the liver matches wood, pungent matches metal, metal restricts wood).
肝病应禁忌辛味(肝属木,辛属金,金能克木)。



The doctor doesn't allow you to eat Chinese onions with jam. 医生不让你吃大葱沾酱了。
Chinese onions with jam. *yam*

3. Salty flavor is contraindicated for heart disease (the heart matches fire, salty matches water, water restricts fire).
心病应禁忌咸味(心属火,咸属水,水能克火)。

It's better to eat less pork, its too salty.
猪肉属咸味,少吃为好。



Sesame, plum, Chinese chives, and dog meat are all sour.
芝麻、李子、韭菜、狗肉都属于酸。



5. Sweet flavor is contraindicated for kidney disease (the kidney matches water, sweet matches earth, earth restricts water).
肾病应禁忌甘味(肾属水,甘属土,土能克水)。

Please take away the beef and mallows.
请把牛肉和葵菜拿走,我不吃。



4. Sour flavor is contraindicated for spleen disease (the spleen matches earth, sour matches wood, wood restricts earth).
脾病应禁忌酸味(脾属土,酸属木,木能克土)。



I must pay attention to what the doctor said.
这些都是医生说的,一定要注意了。

6. Bitter flavor is contraindicated for lung disease (the lungs match metal, bitter matches fire, fire restricts metal).
肺病应禁忌苦味(肺属金,苦属火,火能克金)。

Yang collaterals: Branches of channels that move upward in the shallow of the body.

阳络:指循行于人体浅表部位和上行的络脉。

Yin collaterals: Branches of channels that move downward in the depths of the body.

阴络:指循行于人体深部和下行的络脉。



1. Gluttony produces fullness of the stomach and intestines and is associated with irregular habits.

突然饮食过多,肠胃胀满再加之生活起居不节等。

You didn't eat at meal time, but now...

吃饭的时候不吃,现在却……

Ah! All finished!

啊,都吃光了!



What's wrong, son?

孩子怎么了!



Oh, my waist!
哎哟,我的腰!

2. The strain of excessive labor causes injury to the collaterals.

或用力过度,都能使络脉受伤。

3. If the yang collaterals are hurt, blood flows outward.

若阳络受伤,就会导致血向外溢,血向外溢就会发生衄血。

There's nothing in the sky. It's only my bleeding nose.
没什么,我在流鼻血。

What are you looking at in the sky?
劳驾,天上有什么?



4. Inward flowing blood, due to injury of the yin collateral will beget symptoms such as bleeding stools.

如果阴络受伤,就会导致血向内溢,血向内溢就发生大便下血。

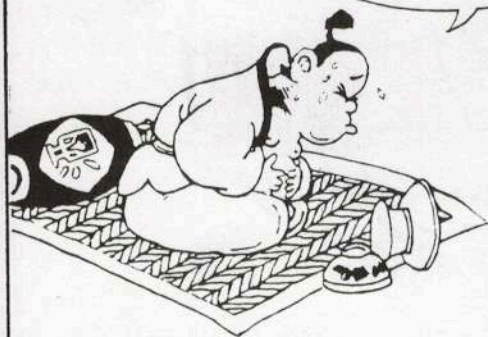
Doctor, there's blood in my stools.
先生,我在大便时发现了血。



5. Blood flows to the outside of the intestines when harm is done to the collaterals of the stomach and intestines.

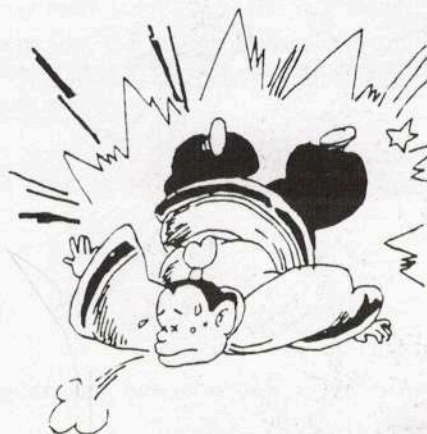
如果肠胃脉络受伤,血就会溢于肠外。

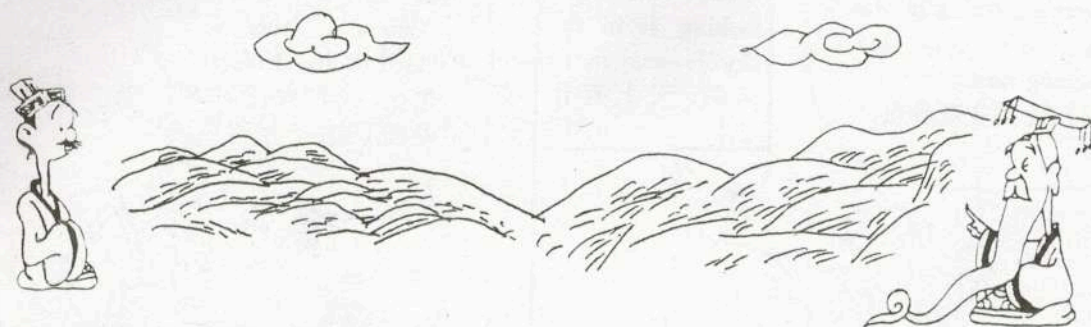
Oh, my belly aches!
哎哟,我肚子疼!



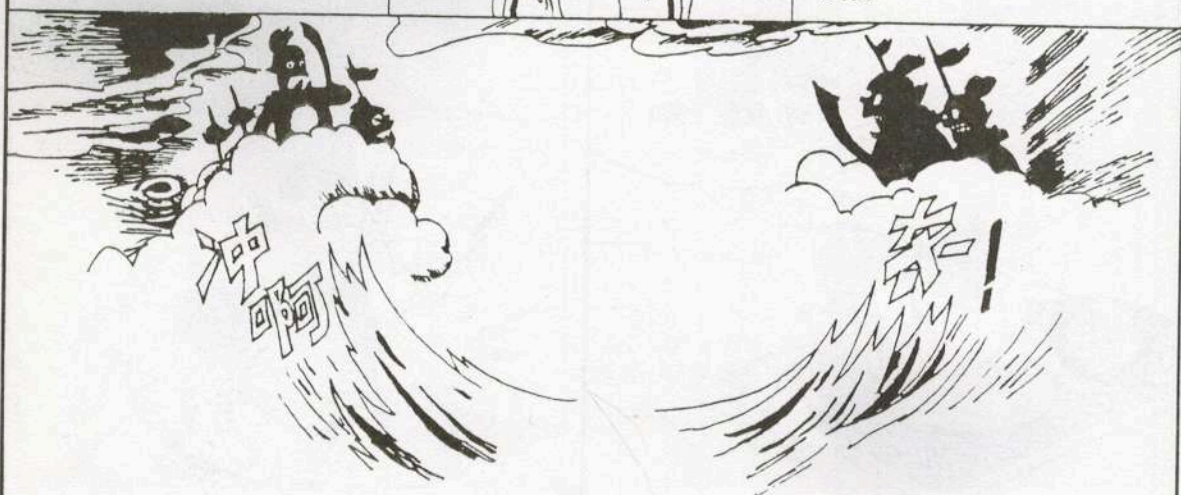
6. It then condenses with the body secretion. When the cold evil intrudes and remains there, the stagnant mass grows with time.

倘若肠外有寒邪,汁沫与外溢的血液凝聚,久而不散,逐渐增大,就形成积症了。





2. How does stagnant mass develop?
积症是怎样从发生到形成的?



4. When the cold evil invades and penetrates into one's body and goes upwards, the stagnant mass is then gradually formed.

积症是由于受了寒邪的侵袭, 寒气上逆逐渐形成积症。

5. How is the mass formed?

积症是怎样从发生到形成的?



6. When the cold evil goes upward in one's body, the patient's feet ache and become weak and he has trouble walking.

寒邪从下上逆就发生足部酸困、疼痛、活动不便。

Oh, my feet!
我的脚!

What's wrong?
怎么啦?



7. The circulation of blood of the feet and calves is impeded, so the feet and legs have a cold feeling.

以及足与小腿感到寒冷,从而使该部血脉运行不畅。

How come the pain moves?
会跑?



My legs are aching now....
腿又酸疼了.....



8. Then it runs upward and gets into the stomach.

寒邪向上侵入肠胃。

It does move!
真的会跑呀!



9. In the stomach, the cold evil blocks digestion and the transformation of food, and the stomach feels full.

由于寒邪侵入肠胃,则水谷运化不利,就出现腹部胀满。

I've got a full feeling in my belly!
肚子胀得难受。



10. When the cold evil condenses with the body secretion outside the intestines it finally turns into the stagnant mass.

并引起寒邪与肠外的汁沫凝聚不得散,日久就形成积症。



Six Meridians: including three yang and yin meridians, namely the Taiyang, the Yangming, and the Shaoyang; the Taiyin, the Shaoyin, and the Yueyin.

六经:三阳经和三阴经合称六经,即太阳经、阳明经、少阳经、太阴经、少阴经、厥阴经。



Bad luck! It seems that I have to sleep in the open tonight with no bedding.
坏了,今晚怕要露宿了,也没有铺盖。

1. I'll be assailed by the cold evil.
又突然受到寒邪的侵袭。

2. And shocked by agitation from nervousness or anger, one's qi will riot ascendingly.
而内又有忧怒等精神刺激,就会使气上逆。



Very far away.
He didn't say anything about it.
很远,他没提。

What! He moved?
To where?
搬家了,搬到哪儿去了?

3. While evil qi goes upward, the six meridians of the hand and foot in which the qi runs are clogged, making it impossible for the yang qi to move smoothly. Then internal blood stagnation comes into being.

气上逆则手足六经的转输经气之处壅滞不通,以致阳气不能畅行,引起血凝在内。

I've got no money left for going back home.
回去的盘缠都没了!



4. So the flowing and transporting of the body fluids are also held up, and after a period of time it will be transformed into the disease.
津液的输注也发生涩滞,停留日久,也就形成积症了。

Oh, my God.
I feel really bad.
哎哟,好难受,哎哟。



Persons of Taiyin: beings with excessive yin;
Persons of Shaoyang: people with an endowment of lesser yang;
Persons of Shaoyin: those born with a disposition of lesser yin;
Persons of Taiyang: people with an excessive yang disposition.

太阴之人: 人的气质分类, 过偏于阴的人。
少阳之人: 按气质分类偏于“少阳”的人。
少阴之人: 气质偏于“阴”的人。
太阳之人: 人的气质分类, 过偏于阳的人。



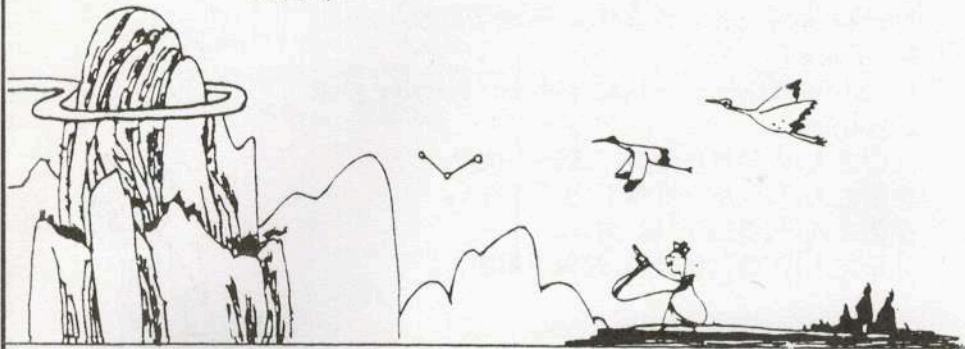
1. I have heard there are differences among human beings endowed with yin or yang. What about those with yin character, and those of yang personality?

我曾听说人体有属阴属阳的不同类型, 什么叫属阴的人? 什么叫属阳的人?



2. Everything in the world, in the whole universe, can be divided and sorted according to the theory of Five Elements.

宇宙之间, 四方上下之内, 一般事物的分类方法, 都离不开五行的范畴。



3. The sorting of people is also part of this principle. But there is no absolute division between yin and yang. The yin and yang is only the simplest and most direct way of expressing the principle.

人体的类别, 也是和五行密切相应的。并不是只有相对的一阴一阳而已, 阴阳无非是从最简略的方面来说的。



Oh, dear me!
小祖宗!

4. Why? The boy is not usually so rude.
这孩子平时不这样粗鲁呀?



5. Natural endowments are too complicated to be explained with a few words.

但其中不同禀赋的复杂情况, 不是用简略的语言所能说明白的。



1. I'd like to gain some basic knowledge of the theory. Do the sages and men of virtue have both yin and yang in their character, and do they show them in their behavior?

希望把其中的意义, 约略地讲给我听听。所有贤人圣人, 他们的内心是否阴阳兼备而能在行为上表现出来吗?



2. Generally speaking, there are persons endowed with Taiyin,
一般而言, 有属于太阴的人;



3. And Shaoyin,
少阴的人;



4. And Taiyang,
太阳的人;



5. And the Shaoyang, and a harmonious balance between yin and yang.
少阳的人, 和阴阳平和的人。

I'm employed by the government as a secretary.
衙门聘我当秘书了!



6. These five kinds of people are of different builds, different physiques, and have different endowments of qi and blood.

凡这五种类型的人, 他们的形态不同, 筋骨的强弱, 气血的盛衰也各不相同。



1. Would you please tell me the different personalities, physiques, and behaviors among these five kinds of people?

五种类型的人，其性情、表态、体质的各不相同之处，可以告诉我吗？



2. Persons of Taiyin are usually avaricious and heartless, though well-considered in every respect at the surface. With insidiousness hidden at the deep bottom of their minds, they disguise themselves with modesty, benevolence, and kindness, and never show their true feelings to others.

属于太阴的人，他们的性情是贪而不仁，外表谦虚，面面周到，内心则深藏阴险，只进不出，心地像很柔和的样子，其形色不露于外。

Master Li is very kind.
李员外真是有求必应。

But his interest rate is also very high.
利息太大啦！

Hum, you poor sap.
哼，穷鬼！



3. Temporizing in accordance with the changing scene, and without sure instincts or purposes of their own, they put on a reserved manner, keep their thoughts to themselves and never react to anything faster than others. In language and action, they are unwilling to express their ideas, and all their movements are behind others, watching the wind and sailing, without clear direction.

4. Those with benign looks but cunning in their souls are of the Taiyin.

像这种外似忠厚而内实奸狡的人，即属于太阴一类的人。

Don't hurry. Let's wait and see.
看看再说，慌什么。

Master, the market price is rising! How do we trade?

启禀老爷，粮市的行情看涨，是抛出还是买进？



1. People of the Shaoyin are likely out for petty advantages with the intention of doing harm.

属于少阴的人，他们的性情是贪图小利，常存害人的贼心。

2. They are pleased, as if presented with unexpected good fortune, when they find others suffering from loss.

看到别人遭受损失，便常会表现出若有所得一样的高兴。

Hey, one steamed bread has disappeared!
馒头怎么少了一个?

That idiot will never know.
这个傻瓜，他还蒙在鼓里呢!



You know something? Li Xiaoe has lost ¥500 in his business.

听说了吗，李小二做买卖一下子赔了五百多吊钱。



Oh, what a pity.
真是可怜!



3. They are fond of doing harm. If someone else is lucky or honored, they suffer from depression, jealousy, and even rage.

而且好伤人，好害人，看到别人光荣，又引起妒嫉心，而表现出懊丧与愤怒的样子。

4. Savage and heartless, they have no idea of compassion or a willingness to help. They are brutal and greedy and take pleasure in the misfortunes of others. These are the people with Shaoyin disposition.

同时生性残暴，对人毫无同情心和帮助心，像这种暴虐贪小幸灾乐祸的人，即属于少阴一类的人。

Now I made it. It turns out that I've earned ¥500.

终于算对了，原来还赚了五百多吊钱。



Let me burn his store down!
把这小子的铺子烧了去……



1. People belonging to Taiyang can adapt to many kinds of circumstances readily, and find themselves at home wherever they go. Lacking the capability they claim for themselves, they are fond of boasting about important matters.

属于太阳的人，他们的性情，对居住的处所极不计较，能到处为家，并好谈论大事，无能力，却偏说大话。

Leave the whole thing to me.
包在我身上了!

Then you are designated a general.
就拜你为将!



2. They advertise and broadcast their ideas to all.

他们常把自己的志愿，随处宣扬，使四方人都知道。

There's no way he can escape from the death.
他是死到临头了。

Your son has signed a promise to win the battle.
你儿子立下军令状了。



3. Tough, reckless, and with an excessive, blind confidence, they pay no attention to right and wrong, and are not likely to draw any lessons from previous failures.

行动举止，粗鲁草率，而不顾是非，他的自信心很强，即使失败，也经常无悔改之意。

It's all your fault!
全怪你!



4. Men bragging without shame and doing things by halves are men of Taiyang.

像这种大言不惭，有始无终的人，就是属于太阳一类的人。



1. People of Shaoyang are cautious in their work and are apt to study things carefully. Generally, they have a high opinion on themselves.

属于少阳的人，他们对工作比较精细，能再三研究，但也自以为了不起。

It's nothing. A little pesticide will wipe them all out.

这是 WY 米虫，打点必扑就是了。

It's the section manager who gets to the point. 到底是组长，看问题真深刻。



2. After their promotion, however, they are likely to put on arrogant airs and become unrealistic in their self-evaluation.

如果有了小小的官职，就妄自尊大，自己觉得很得意。

Let me think about it. . . . 研究研究……

We want to buy a pot. 申请买一只洋铁壶。



4. This kind of arrogant people are endowed with Shaoyang.

像这种自高自大的人，就属于少阳一类的。

3. They are usually good at socializing, but clumsy as administrators.

他们善于对外交际，而不善于做内部的事物。

I'll try my very best. 一定尽力。

I'll leave all this in your hands. 这事就仰仗老兄了。



1. People who are harmoniously balanced between yin and yang possess an amiable temperament and lead a calm, quiet daily life.

属于阴阳平和的人，他们的生活起居都很安静，心境宁适。

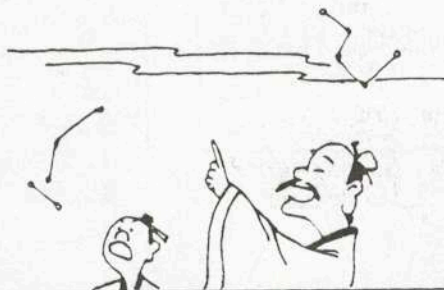
Absolutely correct.
Ten points plus.
完全正确，加十分。



You get a duck and a chicken if you add a cat to a dog. 猫加狗等于鸡和鸭。

2. Adapting themselves to the principles of nature and the regularity of the universe, they are free from fear and greed and are excessively joyful.

没有恐惧，又没有贪欲妄想和过分的欢欣，顺从一切事物的发展规律。



3. They make no fuss about personal gain and loss and acclimate readily to the changing weather.

或有与他个人利益相关的，也不做计较；同时能够适应时令气候的变化。

The harvest this year is not too good, so I'd like to reduce your tuition fee.
今年收成不好，学费就少交些吧！



I'm so sorry, sir. I'll surely make it up to you.
真难为情，我一定给您凑齐。

4. With modesty and amiability, they treat people fairly. They convince others by moving them with the power of their personality and virtue rather than by applying administrative rules, even though they hold a high and important position.

他虽有高贵的地位，态度却很谦逊，常用说服的方法以德来感化人，并不全用政刑来处理事情。

It's a magnificent way of governing, too.
这也是所谓极好的治理方法。



1. Assembling the vital qi of all the yin and yang organs, the eye is the organ in which mental activity is displayed and the constructive and defensive energies perform their functions.
眼睛是五脏六腑精气汇聚之处, 营卫魂魄营运的场所, 精神活动外现的地方。

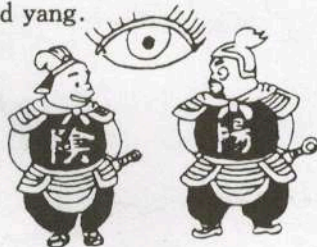
2. When mentally exhausted, one's mind is confused and he finds himself at a complete loss.
所以人精神过于劳累, 就会魂魄分散, 意志紊乱。



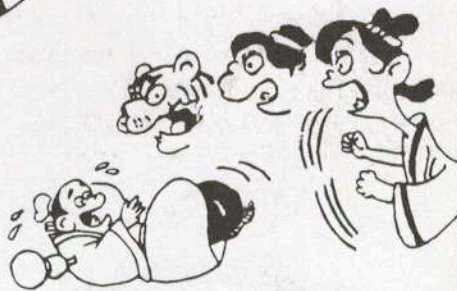
4. The eye is controlled by the mind, while the heart rules over consciousness and thinking ability.
眼睛是受心神支配的, 心是主管精神意识思维活动的。



3. Since the liver and kidney qi refreshes the eye's pupil, and the heart and the lungs qi replenishes the whites of the eye, the eye is nurtured and brightened by the vital qi from all the meridians—both yin and yang.



因瞳子黑眼为肝肾精气所主, 白眼赤脉为心肺精气所主, 所以阴阳诸经精气聚而眼睛明亮。



5. When the mind is disordered and the qi of the yin and yang meridians is scattered, one beholds terrifying scenes—visual hallucinations produced by the mind's disharmony and the confusion of consciousness.
所以心神错乱, 阴阳诸经气就不能汇聚。突然看到惊险的地方, 精神魂魄不协调而散乱就会产生“惑”——视觉迷乱。

Juji: the name for a symptom mainly caused by the evil wind, with signs such as an inflexibility that makes the arms and legs difficult to stretch and bend.
 拘急: 症名。指四肢拘挛, 难以屈伸, 以至影响活动的症候, 多由风邪所致。



The kidney qi refreshes the pupil;
 肾的精滋养瞳子。

The liver qi replenishes the iris;
 肝的精滋养黑眼。



The heart qi nurtures the blood vessels;
 心的精滋养血络。

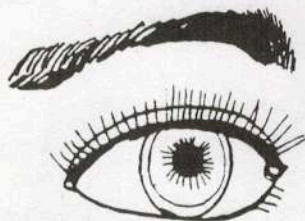


The lungs qi fosters the whites of the eye;
 肺的精滋养白眼。



1. The vital qi of all the organs rise up and gather at the eye to nourish and brighten it.

五脏六腑的精气, 都向上转注到目, 滋养眼睛, 以为精明之用, 而眼睛就是这些精气汇聚之处。



The eye is the organ where the vital qi gather.
 精气汇聚之处。



The spleen qi nurtures the upper and lower eyelids.
 脾的精滋养上下眼睑。

1. The ocular connectors are composed of the eye and the nourishing qi from the organs, as well as that from bones, tendons, the blood and qi, as well as channels and meridians.



眼睛并裹挟筋骨血气之精与脉络相合构成了目系。

2. It connects with the brain downward and the neck upward.

目系向上, 连属于脑, 延伸到项中。



3. When the evil qi attacks the top of a person who is in poor health, it penetrates into his brain along the ocular connectors.

当邪气侵袭顶部, 遇到患者身体虚弱, 邪气侵入较深, 就随目系影响到脑。



4. Then the patient gets vertigo and suffers from vision disorders because of stiffness in the ocular connectors.

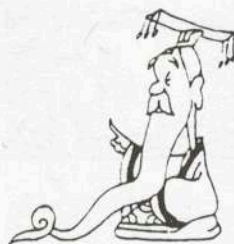
因而出現頭暈, 頭暈則目系拘急, 目系拘急就發生目眩頭暈了。



5. When the vital qi assembled in the eyes scatters, visual functions are disordered, and signs of diplopia become apparent.

邪氣影响到眼睛, 两眼看到东西就不一致了。邪氣使精氣离散而发生视歧, 视歧就是复视。

The Eastern Garden—a royal garden.
东苑：帝王的园林



1. "I'm confused and bewildered whenever I'm in the Eastern Garden," the Yellow Emperor claims, "but I'm alright as soon as I leave there."

黄帝说，我每到东苑，没有不迷惑的，离开东苑就恢复正常。

Is this the north gate?
这是北门吗？

This is the south gate,
Your Majesty.
回禀陛下这是南门。



2. "Why would I be mentally exhausted only in the Eastern Garden? What is this strange phenomenon?"

难道我只有到东苑才劳神吗？不然为什么会有这样异常的情况。



3. "It's not so." Qi Bo answers, "the Heart has its likes and dislikes, and so does the mind. Under certain complicated circumstances the likes or dislikes of one run counter to the other, and the qi scatter, leaving signs of disharmony like bewilderment and puzzlement."

岐伯说，不是这样，心神有喜恶的变化，突然交错感触，就使精气散乱，视觉谬误，而发生迷乱。

4. "With a change of environment and close attention, visual order is restored. A light visual disorder is called confusion, and a serious one, bewilderment."

离开之后，注意力一转移就恢复正常了，所以轻的叫迷，严重的叫惑。



1. "What is the reason for amnesia?" the Yellow Emperor asks.

黄帝问，人善忘是什么原因呢？



He's a funny guy.
有点儿意思。

Where is my donkey?
我的驴呢？

2. "This symptom is due to a deficiency of qi in the upper part of body and an excess of qi in the lower part," Qi Bo says. "Thus the obstruction of qi in the stomach and intestines causes an insufficiency of heart qi and lung qi."

岐伯说：这是由于上气不足，下气有余，也就是肠胃之气壅塞而至心肺之气不足。

The stomach and intestine qi is clogged.
肠胃之气壅塞了。



Why?
这是为什么？

The heart and lungs are too weak to stay.
心和肺太虚，我们只好留在肠胃间了。



3. The constructive qi and defensive qi are kept inside the belly because of the deficiency in the heart and lungs.

心肺虚使营卫之气积留于肠胃。

Oh, my God!
该死！



4. If the upward movement of qi is stopped for a long time, amnesia will result.

久而不能上输所以善忘。

1. "Why do some people feel hungry, but still refuse to eat?" the Yellow Emperor asks.
黄帝问,人善饥而不嗜食是什么原因呢?



2. "When the essence of food and the qi become stagnant in the spleen and cannot be transported upwards," Qi Bo explains, "it arouses heat in the stomach."
岐伯说,精气汇聚在脾,不能转输就使热气郁积在胃。



Oh, I see.
原来是这样。



3. Then the heat promotes digestion so the patient always feels hungry.
胃郁热就消谷,消谷所以善饥。

4. However, the rebellious stomach qi clogs the organ, and the appetite is reduced.
胃气上逆就使胃脘阻塞,所以就不嗜食。

1. The methods of treatment recorded in *The Yellow Emperor's Canon of Medicine* are mostly confined to acupuncture therapy. As far as medicines and cures are concerned, there are only 13 prescriptions, generally named the "13 Recipes," included in the work. These recipes are the earliest records of herbal treatment in China, and some of them are still being used in today's clinics. The following have been chosen as illustrations.

内经中的治疗,多以针法为主,对方药的运用,仅提出了十三个,一般称为“十三方”。十三方方药虽少,但却是我国最早运用方药治疗疾病的记载,而且其中的某些方剂,至今在临床上仍有一定的意义,现将其选绘于后。



2. "How do you make medicinal wine out of five kinds of cereals?" the Yellow Emperor asks, "and why does it have a healing effect?"

黄帝问道,用五谷来做醪醴,应该怎样去做? 又何以见得?



3. "Rice must be taken as the first ingredient and the boiling procedure must be carried out by using the rice stem as fuel." Qi Bo says. "Growing at a moderate altitude, the rice is perfectly endowed with the harmonious qi of the earth and the sky; its stem, plucked in the autumn, is solid and staunch."

岐伯答道,必须要用稻米做原料,以稻秆做燃料,因为稻米之气完备,稻秆又很坚劲。这种植物禀天地之和气,生长于高下适宜之地,所以得气完备;收割在秋时,因此其秆结实。



Note: The Chinese ancients treat disorders of the five organs with sweet wine made from five kinds of cereals by boil and ferment.

注:古人用五谷熬煮经发酵,即成醪醴,以作五脏的治疗剂。

Iron Powder Decoction—A medicinal drink made by immersing the iron filings in water. This drink is in clinical use today.

生铁洛饮：即炉冶间锤落之铁屑，用水研浸而成。此方现临床亦常用。



1. "If someone runs amuck and storms about, how do you treat him?" the Yellow Emperor asks.

黄帝问，若发怒狂妄的病人……应如何治疗？

2. "The Iron Powder Decoction can be the proper prescription for such a case. It functions to depress the qi and dissolve the coagulation," Qi Bo says.

岐伯说，给他服生铁洛饮，因为它有降气和开结的作用。



Come on, honey, take this drink.

老头子，把这药喝了。

What's

你这是……



3. Symptoms due to sputum fire can also be healed by taking this drink. The liver qi may run unchecked as fury brings injury to the organ. Liver fire, produced by the clogging of liver qi, consumes the body fluids and turns into sputum fire. The Iron Powder Decoction together with other aids functions to reduce phlegm and has been adapted nowadays in clinical treatment.

生铁洛饮主治由狂怒伤肝，肝气不畅，郁而化火，煎熬津液，所结痰火，近世治疗多佐以化痰开窍之品，效果很好。

Acupuncture: A healing method carried out by stimulating special points of the human body with metal needles. Stone needles and nine forms of needles were used in ancient times, while plum-blossom needles, bamboo needles, and wooden needles are used in today's practice.

针刺:通常是用金属制成的针刺激人体特定穴位,以达到治疗目的的一种方法,古代有“砭石”、“九针”,现有“梅花针”、“竹针”、“木针”等。

1. The Five Meridians; the Lung Meridian, the Spleen Meridian, the Heart Meridian, the Kidney Meridian, and the Stomach Meridian all meet inside the ears. The evil qi intruding into the meridians, may reach the left angle of the forehead right above the left ear by trailing along the meridians to the meeting point, and will jar all the channels of the body if the qi in the Five Meridians are insufficient.

足太阴、手太阴及手足少阴、足阳明五经的络脉,都相会于耳中。五经的络脉若受邪气,也会循行到五经络脉共同达到的左耳上面的额角。假使五种络脉的脉气尽衰,就使全身经脉都振动。

Several of our troops have marched into your camp already.

我们的数路大军,长驱直入,已打进了你们的营盘!

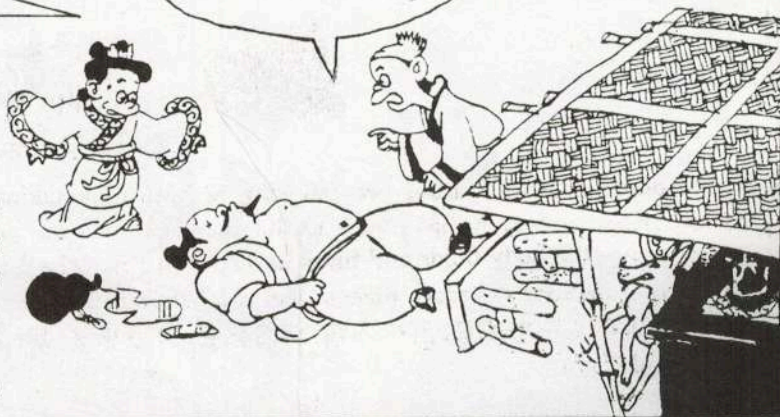


Honey....
老头子——!

He's dead....
死啦.....

2. At this moment, the patient loses consciousness and become cadaverous. Cadaverous coma is the name of this condition.

如果这样,身体就会失去知觉,像死尸一样,或者称为“尸厥”。



Does it work?
这会起作用吗?



3. When acupuncture doesn't work, the hair on the left side of the patient's forehead should be shaved.

针刺如无效, 则把病人左边头角上剃下一寸见方的头发。

It's gone so far. I've no choice but to try whatever the doctor says.

事到如今, 也只能谨遵医嘱了。



4. Then burn the hair and grind it into powder.

用火烧燔, 研成粉末。

5. Open the patient's mouth if he is unable to take the cure himself, and put the powder down his throat together with wine. Then the patient will be healed all at once.

如果病人完全失去知觉而不能饮服, 就把粉末用好酒灌入病人口中, 立时可以挽救过来。

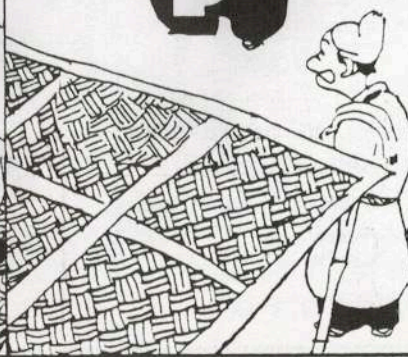
That's all right, open his mouth... OK.
对, 把嘴掰开……好。



6. Fine weather.
天气不错。



You're welcome any-time.
有空常来。



Jiufeng—The name of a symptom, possibly resulting from the intrusion of the evil wind after excessive drinking.

酒风:病名。大概因酗酒后当风而得。



1. The Yellow Emperor asks, "What's the ailment with signs like a hot body, tired limbs, and excessive sweating."

黄帝问,有周身发热,四肢倦怠,汗出得像洗浴一样多。

Have you just taken a bath?
你刚洗过澡吧?



What in hell is this illness?

这到底是得了什么病?



2. An uneasy feeling accompanied with shortness of breath? How do you treat this patient? 而且怕风,呼吸短而不畅,这是什么病,如何治疗?

3. "It's *jiufeng*," Qi Bo answers, "the ingredients of the prescription include oriental water plantain, big-headed atractylodes, 10 fen (1 fen = 1/2 gram) each, and *mixian*—a kind of herbal grass, 5 fen. Grind all into a powder. Take 3 pinches before each meal."

岐伯说,这种病名叫酒风,治法用泽泻和白术各十分,麋衔五分,配合研末,每次服三指撮,在饭前服下。



4. With a light and permeating character, the oriental water plantain functions to promote urination and reduce the evil



wet and heat. Large-headed atractylodes, bitter yet mild in nature, may dry the wet and stop the sweating. Belonging to the Vicia Cracca family, *mixian* is also good for treating rheumatisms.

泽泻淡渗,能利水道,清湿热。白术苦温,能燥湿止汗。麋衔又名啣,为治风湿病之药。

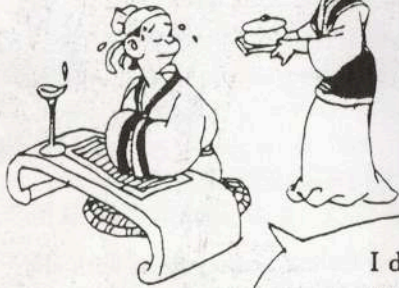
Zhang Jingyue (1563-1640), also called Zhang Jiebin, was a famous physician of the Ming Dynasty. Engaged in medical learning from the age of thirteen, he studied *The Yellow Emperor's Canon of Medicine* for several decades and also wrote many medical works, including the *Classified Canon*, the *Illustrated Supplementary to the Classified Canon*, and *Supplementary to the Classified Canon*. His works had great influence on physicians of later years.

张景岳(1563-1640):即张介宾,明代著名医学家。十三岁始学医,经过对《内经》的数十年的钻研,先后编成《类经》、《类经图翼》、《类经附翼》等诸多医书,对后世医家产生很大的影响。



1. "There is an ailment producing a full feeling in the stomach and abdomen," the Yellow Emperor says. "The patient loses his appetite after one meal in the morning. What's its name and what method should be applied in treatment?"

黄帝问,有一种脘腹胀满的病,早上进食后,到晚上便不能再进。这是什么病,怎样治疗?



I don't want to eat.
不想吃。

2. "It is called meteorism," Qi Bo says, "and Chicken Gizzard Wine can be the ideal medicine. One dose will work, two will cure."

岐伯说,这种病名叫鼓胀,用鸡矢醴治疗,一剂就见效,两剂就可以好了。



3. Dry some membrane of chicken gizzard in sunlight and roast until yellow. Add three bowls of rice wine (1 liang, equal to 50 grams) to the roasted membrane and boil several times. Filter and purify the liquid, then drink it hot before meals. Twice a day.

此方用鸡矢白,晒干,焙黄一两,米酒三碗,煎数沸,去滓,过滤,澄清,空心热服,一日两次。

Hi, you're alright now.
嘻一!
全好了。



4. The membrane of chicken gizzard can promote digestion, relieve dyspepsia, keep the adverse qi down, and activate the delivery of stool and urine.

鸡矢之性,能消积下气,通利大小二便,盖攻伐实邪之剂也。

张景岳

Zhang Jingyue
张景岳



Xueku : 1. The name of a symptom giving with signs such as emaciation anemia, and amenorrhea; 2. Symptoms produced by blood deficiency due to excessive bleeding.

血枯: ①病症名, 表现为消瘦、贫血、精少、经血停闭等。②指大出血后血液不足引起的病证。



1. The Yellow Emperor says, "There is a disorder causing a full feeling in the chest and sides with reduced appetite and bad breath in its early stages.

黄帝问, 有一种胸肋胀满的病, 妨碍饮食, 发病时先闻到有腥臊味……

Mom, your breath smells bad.

妈妈, 你嘴里的味好难闻哟。

Really?
是吗?

2. Then excessive saliva, cold limbs, dizziness, and bloody stool and urine develops. I'd like to know its name and the method for curing it."

口泛清水, 先见吐血, 逐渐四肢清冷, 两目眩晕, 大小便出血, 这个病名叫什么, 是什么原因得的病呢?

Blood!
有血?

Ahh...
啊!

3. "That's *xueku* (or blood depletion)." Qi Bo answers. "It results from massive haemorrhage in patient's early years."

岐伯说,这种病叫“血枯”,是在少年时,有过大出血病以后,留下了根。



Yes, it must be so.

有道理,一定是这样。



4. "Sexual activities when drunk exhausts vital qi and injures the liver, causing insufficient menstrual flow or even amenorrhea."

或是酒醉后进行房事,使精气耗竭,肝脏损伤,以致月经减少,甚至闭经。

5. Here's the prescription: small pills with the size of red beans is made by cuttlebone, 4 fen (1 fen = 1/2 gram), madder, 1 fen, together with sparrow eggs.

治法:用四分乌贼骨,一分茜茹,二物合并,用雀卵为丸,制成如小豆大的丸药。



It works well.

这药还是很有效的。

Mom is really tough.
妈妈真勇敢。



6. Before each meal, wash down five pills with abalone juice, which functions to dredge the intestines and tonify the liver.

饭前服用五丸,鲍鱼汁送下,取其通利肠中和补益受损伤的肝脏。

7. Note: Salty, mild and easy to take, cuttlebone is specially useful in treating female disharmonies like whites with reddish discharge, blood depletion and amenorrhea. Madder is endowed with a sweet and cold nature, and can stop profuse uterine bleeding as well as regulate the blood and dredge female menstrual flow. Sparrow egg has a sweet and mild flavor and can invigorate the vital qi and the blood. It performs quite well in healing symptoms such as male impotence, female discharge disorder, and difficult urination, abalone, mild and pungent, is good at regulating blood flow and restoring yin qi. It also works well on amenorrhea.

注:乌贼骨,即乌贼骨,气味咸温下行,主女子赤白带下及血枯经闭。茜茹即茜草,气味甘寒,能止血治崩,又能和血通经。麻雀卵气味甘温,能补益精血,主男子阳痿不举及女子带下,便溺不利。鲍鱼气味辛温,能通血脉益阴气,煮汁服之能同诸药通女子血闭。



This prescription nourishes the vital qi and blood, strengthens the lungs, liver and kidney, invigorates the blood and menstrual flow, and hence acts ideally on symptoms due to depleted blood and qi deficiency.

本方还有补养精气血,强壮肺肝肾,活血通经的作用,所以能治血枯精亏诸症。



Moxibustion: A curative therapy accomplished by applying an ignited moxa cone—a bar made of moxa leaves—to the points on the skin surface or infected parts to produce a heating pad.

灸法:指用艾叶等药物制成艾柱或艾条,置于体表的腧穴部位或患部,点燃熏烤,使该部产生温热或灼痛的感觉,以达到治疗的目的。

1. *Baici* is a female disorder causing pain in the sides. The infected part festers when treated by moxibustion, and fresh skin, the size of red bean, may appear.

发生在肋的痛症称为败疵,为女子之病,用灸法去治,它会溃烂,治疗时会发现其中有鲜肉,大小如红小豆。



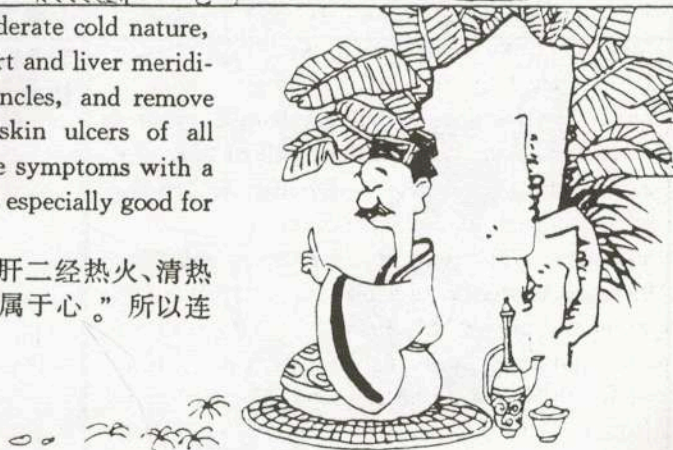
2. The ingredients for *baici* prescription include: the leaves and the root of the forsythia, 1 liter each. Add 6.1 liters of water and boil till 3 liters are left. Take the juice in one dose and sit near steam wearing heavy clothes. Recovery will be complete after the cold sweat evaporates.

治用锉蒺藜翘草根各一升,加水一斗六升来煮,熬至三升,一气喝下,着厚衣,坐于蒸器上,令冷汗出透,病就好了。



3. Note: With its bitter taste and a moderate cold nature, Forsythia may reduce the fire in the heart and liver meridians, eliminate toxic heat, resolve carbuncles, and remove stagnation. "Carbuncles, sores, and skin ulcers of all kinds, which cause pain and itching, are symptoms with a direct relation to the heart." Forsythia is especially good for treating these symptoms.

注:蒺藜翘即连翘。气味苦微寒,有泻心肝二经热火、清热解毒、消痈散结的作用。“诸痛痒疮,皆属于心。”所以连翘为疮科良效之药。



1. Temperateness.

温



Watch out!
小心摔跤。

To nourish one's true nature, one must start by adopting these five qualities step by step. 修身养性要在这里一点一滴做起。



Confucius
孔子

2. Kindness.

良



The man who lost this money must be very upset.
丢钱的人一定很着急。

3. Courteousness.

恭



Be polite and never make a fuss over small offenses.
无过, 无不过。

Sir, would you please tell me what the doctrine of the mean is?
请教先生, 什么叫做中庸之道?



4. Restraint.

俭



Every single grain is the result of toil.
一粥一饭, 来之不易。

5. Magnanimousness.

让



Grandpa, take the biggest one, please.
爷爷吃最大的。

1. There is a story recorded in the *Scholars* telling how Fan Jin went berserk after his success. Fan Jin had been laboring and toiling to prepare for the provincial civil service examination for many years, but his efforts proved fruitless.

《儒林外史》中记载了范进中举的故事，范进连年不中。



3. Try, please! Or your son-in-law will never be recovered.

试试吧，不然你女婿就完了。



4. Damn you, you idiot, what have you made? That guy fooled you! 该死的畜生，你中了什么，那报录的骗你呢!



What!
什么?!

I made it! I made it!
哈哈! 我中了,中了。



2. However, when he was quite old he achieved success at last. Extremely excited and overwhelmed by great joy, he ran amuck at the very moment he got the news. 到年迈之时，他考中了“举人”，但是大喜过份而发生了癫狂之病。

Thank you, sir.
谢谢岳丈大人。

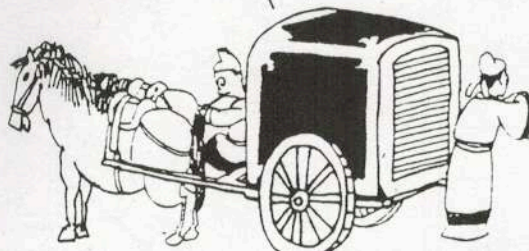
Please do forgive me.
肾婿还要包涵。



Oh, my dear honey...
夫君……。

5. Fan Jin was shocked and had lost consciousness. When he woke up, he's alright. 结果范进昏倒，醒后疯病也随之消除。

《古今医案按》记载，朱丹溪治疗一女。该女出嫁后，其夫外出经商二十年未归。



1. In the *Comment on Ancient and Modern Case Reports*, there is a case in which a woman suffering from excessive contemplation was successively treated by doctor Zhu Danxi. The woman's husband, after their marriage, had been on a business trip for more than 20 years, during which he did not come back home even once.

2. The wife abandoned herself to a morose condition with no appetite and was not willing to move at all. No medicines had any effect on her.

她思夫心切而致不思饮食，困卧不动，如痴如呆，服药无效。

What should
be done?
如何是好?

It cannot be cured by
medicine alone.

此病不是单用药物就能
医好的。

Then what
shall I do?
敢问先生
.....

3. After making the diagnosis, doctor Zhu informed the father of the woman that the patient was suffering from qi stagnation produced by chronic contemplation. He said the symptom could not be treated merely with medicine, and that an emotional treatment method must be applied.

朱丹溪诊断后，告诉她父亲是因为久思气结，单纯用药物难于治愈，需情志疗法。

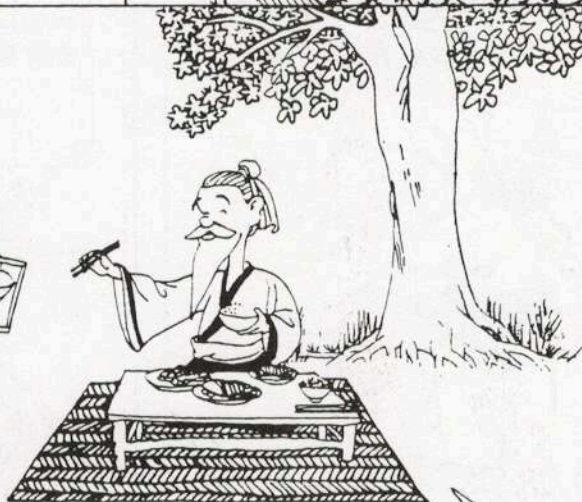
4. The father slapped his daughter angrily and rebuked her severely as he had been instructed. Tremendously shocked and enraged, the daughter yelled and cried.

她的父亲就按吩咐，打了她几个耳光，并大声责骂。该女被打骂后十分生气，嚎哭叫嚷。



5. The doctor Zhu prescribed a recipe for her and her appetite was quickly enhanced. Then her father, according to the doctor's instruction, told her that a letter had been received from her husband in which he promised to come back soon.

朱丹溪又给她用了一些药，即能进食，又嘱咐其父说，她丈夫来信，而且不久可归。



6. The patient recovered thoroughly and the symptoms did not recur again.
这女子自此以后，病情好转，未再复发。

Come and have your meal.
孩子，快来吃饭吧。

1. This is another example of an emotional treatment method used by Zhu Danxi, a famous doctor during the Jin and Yuan dynasties.

A scholar, whose wife died shortly after their marriage, plunged himself into morose bereavement by weeping all the time and finally fell ill.

以喜解忧一例，金元时期的名医朱丹溪曾经遇一个秀才，婚后不久突然亡妻，故终日哭泣悲伤，形成疾病……



3. Doctor Zhu was sent for.
朱丹溪被请来后……



My son...
我儿子的病……?

I'm so sorry,
but there's
nothing I
can do.
惭愧了。

2. The well-known doctors all failed in treating him, and all kinds of precious medicines showed no effect.

求尽名医，用尽良药，久治无效。

4. Your pulse indicates a pregnancy which seems to have existed for several months.

你有喜脉，看样子有数月了。



5. The scholar laughed wildly.
秀才捧腹大笑。

Ha ha ha... is this a doctor
of great fame? He's only a
charlatan who can't tell male
from female.
哈哈! 什么名医! 男女都
不分, 庸医也!



6. After that, the patient giggled to himself
whenever he was reminded of this, and
laughed over the absurdity with others.
此后他每想起这事, 就会自然发笑, 并常把
它作为喜谈笑料告诉别人, 与人同乐。

I could hardly be-
lieve it.
如此荒唐?

Won't a charlatan
like this do a lot of
harm to people?
如此庸医岂不误
人?



7. His appetite recovered, his mood improved
as the time went on, and his symptoms disap-
peared at last.

日移月转, 秀才食欲增加, 心情开朗, 病态消
除。



Mom, I'm recovered without seeing the
doctor.
妈, 我的病不治自愈了。

You should give your gratitude to the doctor
now.

还不快去向先生致谢。



8. Then he was made to understand that the
"laughingstock cure" was an emotional treat-
ment in accordance with the theory of banish-
ing moroseness with amusement.
这时才告诉他, 这是以喜制悲忧的治法。

1. In the History of the *Three Kingdoms* there is a case treated by Hua Tuo by using this theory. Having been tortured by a chronic symptom for a long time, a prefecture head remained in a gloomy mood.

《三国志·魏书》记载

了华佗治病一案。

有一郡守久病缠身，沉默寡言，抑郁少欢。

My illness can't be cured.
我这病怕是治不好了。

Here is the doctor.
医生请来了。



2. After the diagnosis was completed, Hua Tuo came to believe that a psychological treatment, namely enraging the patient must be applied in this case.

华佗诊断后，认为应该用心理治疗，须使病人大怒，方可将病治愈。

Let's make it like this....
只需如此这般.....



3. Hua Tuo stayed, eating and drinking every day, and demanded a lot of money for his fee. However, he did no serious treatment and did not write even a single prescription.

于是华佗每日在郡守那吃喝，并索取了许多金银财物，但就是不认真地诊病处方。



How can you call this wine? You don't want to treat the patient!

这种酒也拿来？不打算治病了吗！

He said you were a corrupt official.
他说你是贪官污吏！



4. The prefecture head was greatly annoyed. Then, Hua Tuo left without a word, leaving behind him a letter in which he denounced the prefecture head severely.

郡守非常气愤。不久，华佗不辞而别，并留下书信辱骂他。

5. Nearly driven berserk by all this, the prefecture head, storming and roaring violently, told his servants to run after Hua Tuo and kill him.

郡守听后果然大怒，暴跳如雷，派人追杀华佗。



6. Being informed by the servants that the "charlatan" had already escaped beyond reach, he was even more agitated and enraged, and vomited black blood.

仆人回禀未曾追到，郡守听后更加生气，吐出一些黑色血块。



7. Before long, he was recovered. 之后他的病逐渐好转。

His appetite is good enough to finish two bowls of food. 都两碗饭了!

It's strange that I'm getting better. 奇怪，这病好多了。



8. I'm now in perfect health. Ha ha.... 完全康复了，嘻嘻……



9. Anger raises the qi with which the blood flows; when the congealed blood is spitted out he is cured.

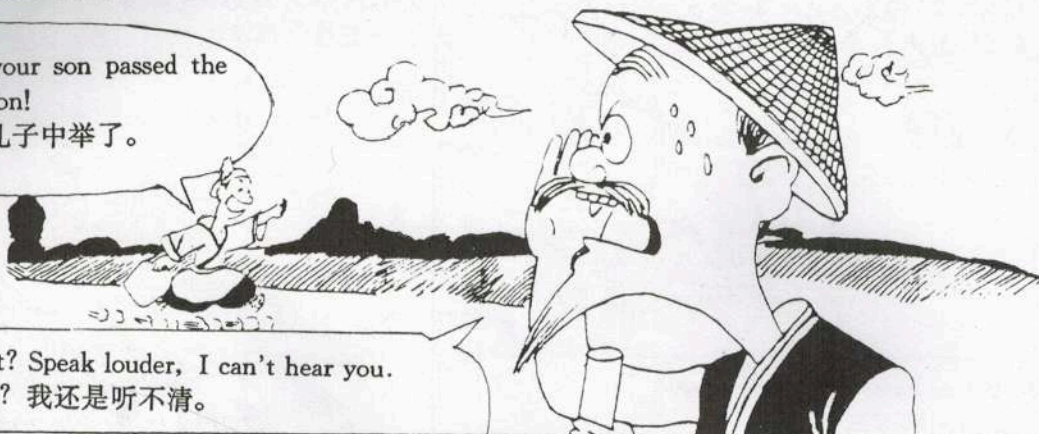
怒则气上，气行则血行，瘀血随之而吐，病则痊愈。



1. A case successfully treated according to this theory is recorded in the *Deserted House Medical Talks* of the Qing Dynasty. Li Dajian, a son of a peasant family passed the Civil Service Examination at the provincial level.

清代《冷庐医话》中记载了一则以悲胜喜的事例。一个数代务农的农民之子李大谏考取了举人。

Old Li, your son passed the examination!
老李,你儿子中举了。



What? Speak louder, I can't hear you.
什么? 我还是听不清。

2. His father overjoyed, kept laughing loudly.
其父大喜而大笑不止。

Ha ha ha.... is that true? Are you sure?
哈哈,真的吗?

I'd like to be your service.
就让我在你那里当差吧。

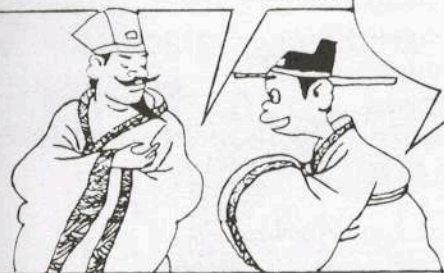


3. Shortly after this, Li Dajian passed another higher imperial examination and became an high official. The laughter of his father, however, was enhanced by the son's achievements and turned into a chronic symptom which lasted for ten years.

不久,李大谏又考取了进士,作了大官,其父更乐,日夜笑个不停,历时十年不愈,成了固疾。



4. You should make it this way.... 你……这样做



?...

5. Master, I'm terribly sorry to tell you that your son has died.
老爷,大事不好! 你儿子死啦!



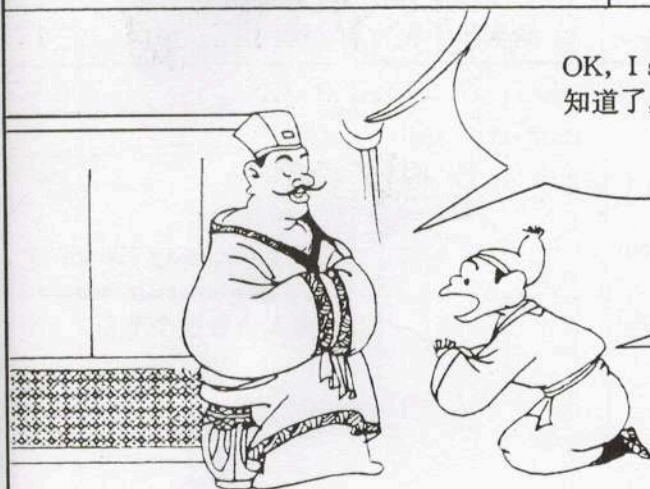
6. The father, overwhelmed by vast sorrow, yelled and wept for more than ten days. His laughter therefore stopped.

其父听了悲恸欲绝,悲哀地哭了十几天后,大笑已停。

What!
You
mean...
he's
dead?
Oh, my
God...
死啦? 你
说他死
啦? 哇



OK, I see.
知道了,很好!



Please forgive me, Master, your son did not die. He was very sick, but he was saved and is now thoroughly recovered.
请老爷恕罪,原来他没死,只是病得厉害,现在好了。

7. Then the imperial physician told the father that his son had been rescued from death. As the result, the father relieved from sorrow and was not again attacked by his former symptom.

这时,太医又派人告之其父说:你儿子被太医起死回生医治好了。其父得知,悲哀消失,原来的毛病也没再犯。

1. In the *Seven Emotions of the Comments on Ancient and Modern Medical Case Reports*, there was a case treated by Zhang Zihe. The wife of Xiang Guanling fell ill. She felt hungry but didn't want to eat. She often shouted and lost her temper. It remained like this for quite a long time, and could not be cured by any medicine.

You damned arrant knave! You bloody idiot! 你这个杀千刀的、死不了的了!



Are there any special symptoms? 有什么症状吗?



2. Zhang Zihe was sent for. 请来张子和为其诊病。

4. Lady, may you enjoy this entertainment. 夫人请看这个节目。

3. Zhang Zihe asked the husband to have two women dressed as clowns and perform as buffoons. 张子和叫项关令找来两个妇女，涂脂抹粉，装成戏子，忸怩作态。



You make it
like this....
你再如此这般.....



5. Ha ha ha
哈哈.....

6. I've never had a meal so delicious as
this. How about you?
我还从来没有吃过这么美味的饭呢!
你呢?

That's strange.
Is it that good?
奇怪,真有如此
好吃吗?

I've finished
it all.
我一点全不剩。



7. They are right. This food
is quite delicious.
果然不错,还真不错!



I'm so sorry.
真难为情。



What an outstanding
physician Zhang Zihe is!
张子和, 神医。

8. While her bad temper abated with time,
the patient's appetite was gradually improved.
Before very long the lady regained her health.
这样, 怒气日日渐消, 饮食日增, 不久就恢复
了健康。

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